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ATM photos of missing children within hours

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Fuel prices plummet

Both BP and Cepsa this week slashed fuel prices by up to eight cents a litre – the greatest drop in fuel prices on record, while other fuel companies also opted to charge motorists substantially less to refuel. However, a boycott of fuel stations this Saturday remains in force. (See Page 3)

Portugal's biggest jewellery heist

Two hooded thieves 'carjacked' a vehicle containing more than one million euros in jewellery that was on its way to an exhibition in Oporto, making it Portugal's biggest ever jewellery theft. (See Page 4)

Daytime lights for all new cars from 2011

In a bold bid to further increase road safety, the European Commission has this week decided to introduce dedicated Daytime Running Lights (DRL) on all new types of motor vehicles from the year 2011 onwards. (See Page 7)

Seven day weather outlook

Lisbon: Rain will return to the capital this weekend and is only forecast to clear completely at the end of next week. Temperatures will remain in their mid-20s, however.

Faro: Intermittent rain will fall in the next week, though the sun should make regular appearances as highs will move into their 20s.

Oporto: Thermometers in Oporto will hardly pass the 20-degree mark, though the north will be mostly dry and sunny as rain clouds pass through the south.

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Sudoku



“Portugal is truly an excellent country in which to invest”, says executive airline CEO as

NEW €1BN AIRLINE LAUNCHED

A new executive airline was launched this week, announcing that from its base in Lisbon, it will be flying to over 1,000 European destinations. Despite a turbulent industry, which has seen two airlines go into administration the past month, Jet Republic, with its 110 learjets, together costing over a billion euros, expects a smooth ride.

Airline, see p.15

Mourinho unbeaten on 100



José Mourinho, coach of Inter Milan, prior to the Italian Serie A soccer match against Catania at Meazza stadium in Milan on 13 September. (Photo: Lusa / Matteo Bazzi)
See story on page 72.

Portugal pioneers wave energy production



The Minister of Economy and Innovation, Manuel Pinho, makes a speech during the inauguration of the first wave power energy park in the world on Monday at Póvoa de Varzim. (Photo: Lusa / João Abreu Miranda)



This week a pioneering project within the realm of alternative energies was inaugurated in Portugal, off the coast of Póvoa de Varzim, Northern Portugal, it is the world's first ever wave-power plant which aims to generate electricity using the motion of the ocean.

Despite being at the forefront of worldwide alternative energy projects, this pilot park, named the Aguçadoura Park, is still to find a managing entity.

Nevertheless, Aguçadoura Park has given Portugal the title of being the first country in the world to seriously produce electricity from waves.

Three machines, like floating snakes, using British technology, will absorb power generated from waves, lulls and swells, and transform it into electricity enough to supply 1,500 homes.

Despite starting off small, as it will produce only a drop in the ocean for what is necessary to make a difference to national energy supplies or boost the national grid, but the project could be decisive for Portugal's role regarding alternative energies.

Initially intended to be installed in 2006, only last year did the plant, which comprises

floating, anchored tubes, start to take shape, five kilometers off the coast of Porto de Leixões.

However, whether or not the plant is financially feasible is another issue yet to be seen, as the worth of wave-generated energy is not yet been established.

Aguçadoura Park exceeds an investment of 8.5 million Euros.

It is hoped that soon another two tubes will be set to float, and will probably cost an extra five million euros.

Energy from these 'sea snakes' is cabled through to a beachfront substation where it is converted into electricity.

New projects in Norway, Spain, France, South Africa and North America are also on the cards, though Portugal will always be perceived as the first country in the world to explore the benefits of wave energy.

It is hoped that the Portuguese project will eventually comprise a total of 25 machines.

PM against gay unions as a matter of policy

Portuguese Prime Minister José Sócrates has this week appeared to turn down a proposed law change which was intended to legalise gay unions and which will be debated in Parliament next month.

During a bi-monthly debate in Parliament, the Prime Minister confirmed this proposition was neither on the Government's nor the Socialist Party's political agenda.

"Homosexual unions are not on the political agenda", he said, reiterating what he said three years ago during electoral campaigning.

"It is not in the Government's programme and the PS will not be instructed by other parties".

Two projects comprising suggested law changes to accommodate homosexual unions are to be scheduled for October 10th and have caused great controversy amongst political parties.

MP Heloísa Apolónia, of the Greens and creator of one of the two law decree proposals that will be discussed next month, said, "This country, when it waits for the Socialists to promote equality, is always put on hold".

ATMs to have photos of missing children within hours

In the foreseeable future, Portugal is intending to have an innovative system in place whereby the country's mobile phone users will receive a text message with the photograph of a missing child within three hours of being reported missing.

The Ministry of Justice is currently negotiating with the country's mobile telephone operators and other private entities in a bid to rapidly divulge images and information of a child who has been reported as missing.

Radio stations, television channels and roadside panels along major routes, and even automatic teller machines are to be used in the alert system for abducted children which Portugal is in the process of finalising.

Late last year, and during Portugal's presidency of the European union, Lisbon proposed a rapid alert system for missing children.

At the time, Portuguese Justice Minister Alberto Costa said the planned system would be "flexible", directed primarily to media and the general public, and help "complement" the existing cooperation between police authorities of the member states.

The cross-border alerts would be triggered when authorities considered there was a risk of an abducted child being taken to another country, the Justice Minister explained.

Another initiative in the same field, Mr Costa said, will be the publication of a list of missing children on an e-Justice Internet portal which the Portuguese presidency plans to unveil by the year's end.

The portal, he added, would allow the public "direct contact" with central authorities.

The Ministers also called for the strengthening of legislation against the use of the Internet for crimes directed at minors and urged member states to ratify the Convention on Cyber-crime and the Council of Europe's convention on the protection of children from exploitation and sexual abuse.

Speaking in turn, EU Justice and Home Affairs Commissioner Franco Frattini said that instead of building a completely new missing child system, member states will aim to achieve "interoperability" of existing national networks.

The Italian commissioner also encouraged EU member states to give compulsory medical treatment to convicted paedophiles if they re-offend.

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Fuel prices plummet



Both BP and Cepsa this week slashed fuel prices by up to eight cents a litre – the biggest drop ever in fuel prices on record, while other fuel companies also opted to charge motorists substantially less to refuel. These drops come only days after the Minister of Economy demanded fuel companies cut their prices. Furthermore, they were made within hours of national consumer rights organisation DECO telling motorists not to refuel this Saturday in protest against the differences between the real cost of fuel and that charged by national fuel companies at the pumps.

Despite these massive cuts in prices at the pumps, the chairman of BP Portugal denied they had anything to do with pending consumer protests and pressure exerted by the Government.

Instead, António Comprido warned that prices could be rising again in the near future, as the cost of crude this week rose above the 100-dollar barrier, after dropping below the 90-dollar mark last week.

Despite these price costs, DECO said it would be calling for a boycott of fuel stations this Saturday and will be enjoying the support of the influential truck and transport association ANTRAM.

DECO has argued the process of price fixing is "not transparent", claiming the Competition Authority (AdC) has lost credibility with the public for not being able to explain "a number of things" where "company logic reigns exclusively".

Criticism and accusations of fuel price fixing has dominated parliamentary debates since MPs returned to work last week.

Upon returning to official duties following their summer holidays, the Social Democratic Party (PSD) announced it would ask for the head of the AdC, Manuel Sebastião to be heard by the Economy Committee, where CDS-PP has also said it would like to see Economy Minister Manuel Pinho, to explain a situation it considers "incomprehensible".

"Something is going wrong within the realm of competition", said Paulo Portas, leader of the CDS-PP party, who also described the AdC's report, carried out in June to ascertain whether fuel companies were guilty of forming a cartel, as "timid and inexplicably tame".

The report said no signs of fuel companies forming price cartels could be found.

Honório Novo, leader of the PCP party, summarised the past few months of rocketing fuel prices by questioning "Who is running this country, the Government or GALP?"

Head of fuel supplier and retailer Galp, Ferreira de Oliveira, last week explained that the relation between oil and fuel is "not direct, nor is it obvious", though before people started questioning their own sanity, he admitted, as he did when prices at the pumps sky-rocketed: "There is a link between the two".

In related news, latest figures show that the state has been losing eight million euros in fiscal revenue as more and more motorists reduce the number of visits to fuel pumps.

Since January, the National Treasury has lost 67 million euros in taxes compared with the same period in 2007.

The most notable drop has come in the high octane unleaded fuel category, where a drop in consumption of 78 percent has been recorded the past eight months.

PM calls for EU action, more regulation of financial markets

Portugal will back EU efforts to re-enforce regulatory measures for international financial markets, Prime Minister José Sócrates said this week, criticising what he said was the lack of regulation in the United States that was causing "serious problems" for Europe.

"It's very important for Europe to react because what has taken place is really unbelievable", José Sócrates told journalists in Lisbon. "Europe is pay-

ing the price for the total absence of scruples in the part of some who act on international financial markets without regulation".

"The first step we must take to increase confidence and security in financial markets is to increase regulation", the Socialist leader said.

"We must create rules so that market exchanges contribute to economic growth, rather than to fomenting speculation".

TPN/Lusa



Fuel shortages at a petrol station in Lisbon in June. (Photo: Lusa / João Relvas)

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Carjacking results in Portugal's biggest ever jewellery heist



Jewels to the value of one million euros were robbed today by carjacking a jeweller in Alvalade on Tuesday. (Photo: Lusa / Miguel A. Lopes)



Two hooded thieves 'carjacked' a vehicle containing more than one million Euros in jewellery that was on its way to an exhibition in Oporto, making it Portugal's biggest ever jewellery theft.

The incident took place in broad daylight, at approximately 13h00, in Lisbon, on Rua Eduardo de Noronha, when Luís Martins da Fonseca, 42, co-owner of Brijóia-Jewellers Lda, was leaving his home to head to the Portojoia exhibition in Oporto.

From Rua Eduardo de Noronha, a one-way street lined with private villas that is part of a wealthy neighbourhood in Alvalade, there is easy access onto main roads to Chelas and the A1 motorway.

According to his version of events, he had not driven more than a hundred metres down the one-way street from his home when a parked vehicle with the two assailants inside started up and drove across Luís Fonseca's

path, blocking his vehicle with the valuables inside.

One of the two assailants approached the car and forced him out of the vehicle, waving a gun at him before taking over the wheel and driving off.

Luís Fonseca ran to a nearby café from where he called the police, who arrived ten minutes later.

The incident was assigned to the PJ police force, which is responsible for investigating crimes involving weapons.

According to witness reports, no one noticed the vehicle and its precious load being 'carjacked', leading police to believe the incident occurred very quickly.

The jewels were reportedly insured.

Starbucks opens in Portugal

Starbucks Coffee International is to open its first coffee shop in Portugal on September 30th in the Alegro de Alfragide shopping centre, though a second more significant store is set to open later this year in Belém.

As well as all the usual coffees and drinks, a heavy investment will be made on Arabian flavours, to accommodate the Portuguese palate.

A range of Portuguese delicacies like Pastéis de Nata and bean cakes will also be sold to complement the coffees.

A third outlet is planned to open before the end of the year, in total creating 40 job openings.

Whilst the first store is set to open next week, the second store, which is being considered by managing directors as the 'real launch',

should be ready for business shortly after and will be located on Rua de Belém, near the Mosteiros dos Jerónimos monument.

During the next two years all Starbucks outlets will open in the metropolis of Lisbon. After that period the chain will look to expand out of the capital. It is thought Oporto could be the next area of investment.

There are already more than 70 Starbucks 'boutiques' in Spain and around 40 in France.

Starbucks serves 16 different types of coffee from 60 different countries with 87,000 different ways of drinking it.

It is the biggest coffee retailing chain in the world, having stores in 45 countries, Portugal being the 46th, and counting over 45 million clients every week.

Road fatalities to include deaths up to 30 days after accident

According to the National Strategy for Road Safety 2008-2015, in future, road death statistics are to include those who pass away in hospitals up to thirty days after suffering a vehicle-related accident.

At present a fatality is only considered a road-related death if the person is killed in the accident, at the scene of the accident, or on the way to hospital.

The new statistic-counting strategy, which will be introduced in 2015, follows rules that are implemented in all other European countries.

In this country, ANSR – the National Authority for Road Safety – only takes into account deaths that are reported by members of Portugal's security forces, but throughout the rest of Europe statistics include those who are seriously injured in road accidents and who die in hospital up to 30 days after the incident.

To comply with EU figures and averages, at present Portugal multiplies the number of fatalities by 1.14.

Until 2015, within the current National Strategy for Road Safety 2008-2015, new measures are to be created so the exact number of road deaths can be calculated taking into account the 30 day post-incident period.

An overall goal is to reduce the number of fatalities from 850 to 579 and place Portugal on the map of countries with the least number of road deaths.

Penalization by license points, increasing the number of radar traps, better road signage, altering the present model of teaching used in driving schools and respective examinations are other objectives to be carried out by 2015. The National Strategy for Road Safety 2008-2015 involves input from 12 different Government ministries and 31 other entities.

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ANGELICAN CHURCH

PM, ministers begin delivery of 500,000 'classmate' computers to primary schools



Pupils receive their new Magalhães computers during a special presentation ceremony at the Portel primary school on Tuesday this week. (Photo: Lusa / Nuno Veiga)



Prime Minister José Sócrates and 11 members of his Socialist cabinet fanned out across Portugal on Tuesday to deliver the first batch of 500,000 "classmate" portable computers that primary school children will receive this academic year under the government's e-School programme.

The robust and simple Portuguese-manufactured Magalhães (Magellan) computers will be offered free of charge to the poorest students and sold to others at no more than 50 euros.

Education Minister Maria de Lurdes Rodrigues told the Lusa News Agency the programme was financed by telecommunications companies through a fund that was established when 3G licences were attributed.

Sócrates was scheduled to deliver computers to a primary school in the northern town of Matosinhos, while Rodrigues was headed to two schools in the southern Alentejo.

Ten other cabinet members were also participating in the new phase of the e-School programme that aims to plug all the country's students into broadband Internet services.

TPN/Lusa

Smoking parents' children smoke two a day

A Portuguese study whose findings were published this week by the National Health Board has revealed that the children of parents who smoke may be passive smoking up to two cigarettes per day.

Based on a comparative study between the effects of alcohol and smoking, experts comprising the "Smoke-free Portugal" group revealed that the quality of air in Portugal is improving in public areas since the introduction of the smokers ban. However, it also revealed that pediatric services in hospitals are still treating a large number of children for problems

relating to passive smoking.

"Social behavior within family lives has still not changed", the group warned.

According to the group's analysis of the survey, due to smoking being banned in the workplace and many public places, this could induce a rise in smoking in homes and private vehicles.

Maria do Céu Machado, High Commissioner for Health, also quoted a study that said children had a higher intake of passive smoking on Monday and Tuesday nights than when compared to Thursdays and Fridays.

Smoking kills three times more than alcohol



Smoking was the direct cause of death of around 12,600 people, three times more than alcohol-related deaths that year, which totalled around 4,050, figures for 2005 released this week have revealed.

These were the results of a survey conducted by economist Miguel Gouveia, who also revealed smoking caused 3.5 times more damage to health than drinking, and entails financial implications that are 2.6 times higher.

According to the investigator, the figures should not be interpreted as "minimising the problems of alcohol", especially concerning domestic violence, accidents and serious mental health issues.

"But the moderate consumption of alcohol does not entail serious health issues. There is no way smoking will ever be beneficial to health," said Miguel Gouveia.

His study also showed that most excessive drinkers smoke.

Figures showed that smoking was responsible for 12 per cent of deaths in 2005, whilst alcohol was responsible for nearly four per cent.

In financial terms, the study showed that smoking entails average annual costs of €126 million in hospital treatments, plus an additional €364 million in consultation fees and home treatments.

This is compared to a total cost of €189 million for alcohol-related problems.

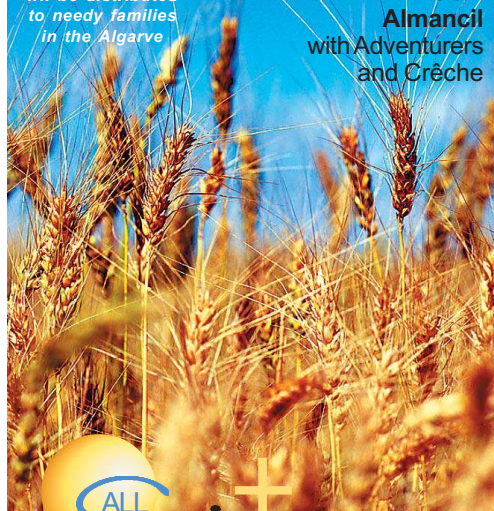
In 2005, 20 per cent of the population smoked; a third of all men and ten per cent of women.

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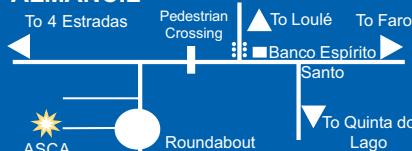
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Perceived corruption rising in Portugal



The Golden Whistle football bribery scandal has been attributed as being one of the main reasons perceived corruption in Portugal has risen. Pictured here is former Portuguese Football League chairman Valentim Loureiro after being handed a three and a half year suspended prison sentence for abuse of power earlier this year. (Photo: Lusa/Estela Silva)



On a list of 180 countries, Portugal is amongst those where corruption has risen most significantly over the past year, having fallen from the world's 28th less corrupt country, to 32nd place.

Analysed by non-governmental agency Transparency International (TI), which takes into consideration the perception of corruption amongst a country's civil servants and politicians, Portugal fell four places on the yearly report, and has dropped six places since 2006.

TI's report classifies Portugal, the 19th less corrupt European country, as a "notable example of deterioration on the index of corruption perception," and is on a par with Italy and France.

It explains that Portugal's drop on the list could be related to various investigations being carried out concerning high-profile sporting personalities.

The report also highlights the "fatal connection" between pov-

erty, bankrupt institutions, and corruption, taking into account other most corrupt countries like Somalia, Iraq and Sudan, and warns of the need to 'harden up' to fight corruption.

"Even in the most privileged countries, where sanctions are applied in disturbingly disproportionate manners, fighting corruption must be even tougher".

First published in 1995, the Index of Corruption Perception report is based on a classification scale of zero (very corrupt) to ten (corruption-free). Portugal currently being given an overall classification of 6.1.

Denmark tops the list and is officially the least corrupt country in the world.

Portugal rapped for not accepting EU qualifications

The European Commission has decided to pursue infringement procedures against 12 Member States, including Portugal, for failure to implement certain Internal Market Directives into national law.

The Commission will refer Austria, Belgium, Cyprus, France, Greece, Ireland, Portugal and Spain to the European Court of Justice over non-implemen-

tion of a Directive on recognition of professional qualifications. Denmark will also be sent a reasoned opinion on the same grounds, while the Netherlands will be referred to the Court over non-implementation of a Directive on transparency obligations of listed companies, as will the United Kingdom over non-implementation of a Directive on motor insurance.

EU tells Portugal to amend tax on lottery winnings

The European Commission has sent Portugal a formal request to amend its discriminatory rules that provide for the taxation of foreign lottery winnings whereas winnings from lotteries (*Euromilhões e Liga dos Milhões*) organised in Portugal by *Santa Casa da Misericórdia de Lisboa* are exempt from income tax.

The Commission considers these rules to be contrary to the EC Treaty and the EEA Agreement, as they restrict the freedom to provide services.

According to the Portuguese rules, income earned in Portugal in the form of prizes or winnings from competitions, games or gambling is subject to taxation. However, an exemption applies to lottery winnings from *Euromilhões e Liga dos Milhões*, lotteries and games organised by the *Santa Casa da Misericórdia de Lisboa*, an entity carrying out activities of social interest.

The Commission considers that the exemption provided in the Portuguese legislation constitutes a discrimination prohibited by the EC Treaty, as the favourable treatment is not open to other EU entities also carrying activities of social interest as *Santa Casa da Misericórdia de Lisboa* does.

Taxing the winnings from foreign but not national lotteries cannot possibly be justified as a measure to avoid the damaging consequences of gambling.

Spanish vandalise Portuguese milk lorry in protest

A Portuguese truck carrying 25,000 litres of milk produced in Portugal through the Spanish region of Galiza was accosted by a group of Spanish protestors who emptied its load onto a public road against the under-cut prices at which Spain buys its milk from Portugal.

José Oliveira, head of the Leicar milk-producers' cooperative, expressed his disgust at the incident and confirmed that should it be repeated Portugal would take the same kind of action.

"But we would make them turn around," he said. "We would never destroy milk like they did".

The incident occurred when the fully filled truck made its way to the Spanish Peñasanta group's headquarters in Lugo, based on accusations of 'dumping' (selling at prices lower than production costs) and disregard for national produce.

Spanish authorities were informed of the incident as was the Portuguese Ministry of Agriculture, which has asked Spain to quickly rectify the illegality.

Various Spanish syndicates

oppose the importation of Portuguese milk and accuse the regional milk industry of threatening Spain's farmers by saying prices must be lowered or they will stop buying their produce and then purchase supplies from Portugal or France.

José Oliveira protested these accusations, claiming Portuguese-produced milk that is sold to the Spanish is slightly more expensive "as the quality is better".

Commercial relations between Portugal and Spain within the milk industry are proving prejudicial to Portugal.

According to calculations from Leicar, every day 170,000 litres of milk are exported into Spain. But Portugal imports much more than it exports.

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Portugal's most polluted cities unveiled



As environmental protection association Quercus appealed to the nation to participate in this week's European 'Car-free' Day, and help reduce carbon emissions if only for 24 hours, it also revealed "worrying" figures confirming Portugal's poor quality of air.

Lisbon is officially the most polluted city in Portugal, with Avenida da Liberdade being defined as the capital's most critical area, showing the highest levels of pollution.

On 55 days between January and August, Avenida da Liberdade showed figures that far exceed acceptable levels of pollutants in the air. In the 12 months of 2007, Avenida da Liberdade failed to comply with good air quality standards on 149 days.

By law, these levels may only be surpassed on 35 days per year

to be acceptable.

Lisbon is followed by northern city Vila do Conde, where the most critical area exceeded acceptable levels of air pollutants on 47 days of the last eight months.

Also in the north, in 2007, monitoring stations in Espinho, Vila do Conde, Matasinhos and Braga exceeded maximum levels on more than 100 days.

Levels of pollution for the Alentejo, Alentejo and central region have not yet been published.

New measures to reduce the levels of pollutants in Lisbon,

which are in large caused by diesel vehicles, and improve the quality of air for its citizens are to be introduced by February 2009, so that "the citizens of Lisbon, particularly children and the elderly, can enjoy a better quality of life, through a better quality of air".

According to a 2004 study by the European Environmental Agency, the excess of inhalable particles caused around 4000 premature deaths in Portugal that year, and reduced average life expectancy for citizens in Lisbon and Oporto by six months.

October drivers' license renewals for the over-50s

In October, all drivers aged 50 or 60 will receive a notification letter stipulating the deadline by which they must renew their drivers licenses, the Institute for Mobility and Terrestrial Transports (IMTT) said this week.

The measure was implemented on January 1st this year, and is irrelevant of the validity date on drivers' existing documents. If the driver is aged 50 or 60 the license must be revalidated.

This also applies to truck and lorry drivers, as well as drivers of collective passenger transports, like coaches and buses, who must re-validate their licenses at the age of 40.

To make sure all citizens of those ages and professions are informed of the procedure, the IMTT sent thousands of notifications through the post, in

which it is recommended the licenses are renewed within a six-month period.

A source from the IMTT said that since June 3,673 letters have been sent to heavy duty or collective passenger drivers that complete 40 years this year.

All drivers of 50 and 60 years of age will start to receive their letters as of October.

The same source said the IMTT aims to post around 20,000 notifications every month to drivers who must update their documents.

Age limits for renewations were first altered in 2005, though only implemented this year, in January.

Previously, those holding a passenger vehicle or motorbike license only had to renew at the age of 65, though this must now be done 15 years earlier, at 50, and again at the age of 60.

It is still compulsory to renew at the age of 65, then at 70, then every two years after that.

For heavy duty goods drivers, the first renewal must be done at the age of 40, then every five subsequent years until the age of 65, after which re-evaluations will be done every two years.

The same applies to collective passenger motorists, from the age of 40 to the age of 60, after which no more renewals will take place.

According to the IMTT, this new legislation aims to "better control drivers' physical and psychological aptitudes".

Those who fail to renew their documents within deadlines will be granted a two-year period in which it can be done, though if caught by police, may be subject to fines.



Placards placed by Quercus in the Praça de Espanha, alert passing cars to the seriousness of air pollution caused by the circulation of traffic in Lisbon. (Photo: Lusa / João Relvas)

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Daytime lights for all new cars from 2011

In a bold bid to further increase road safety, the European Commission has this week decided to introduce dedicated Daytime Running Light (DRL) on all new types of motor vehicles from the year 2011 onwards.

Dedicated Daytime Running Lights are special lamps which are automatically switched on when the engine is started, and can be found on some vehicles already on sale, such as the Audi A4.

They substantially increase the visibility of motor vehicles to other road users, and have a low energy consumption compared to existing dipped-beam head lamps. In countries which have already made DRL obligatory the experience in the field of road safety is very positive.

Vice President Günter Verheugen, responsible for enterprise and industry policy, said:

"The introduction of Daytime Running Light for cars, trucks and buses makes them more visible, which will increase road safety. This will make a positive contribution to our goal of reducing fatalities on European roads whilst being more fuel efficient than existing lights."

According to available research, Daytime Running Light (DRL) is important for road safety.

All road users, including pedestrians, cyclists and motorcyclists, can detect, recognize and identify vehicles equipped with DRL, better and earlier.

The Directive, adopted this week, foresees that from 7 February 2011 onwards all new types of passenger cars and small delivery vans will have to be equipped with DRL. Trucks and buses will follow 18 months later,

i.e. August 2012.

On vehicles equipped with Daytime Running Light, this light is automatically switched on when the engine is started. When it is dark the driver has to switch on the driving lights manually. In this case the DRL goes off automatically.

From an environmental point of view, dedicated daytime running light is an effective solution to improve visibility of vehicles. As the technology is especially designed to be used during daytime it is much more effective and efficient than existing lighting devices. The energy consumption is approximately only 25 - 30 % of the energy consumption of the normal driving light. When using LED (Light Emitting Diode) technology for dedicated DRL, the energy consumption is reduced to only 10%.

EU acts again to cut cost of texting and phoning abroad



Above: A customer enjoys some fast food last Friday while holding a pre-paid mobile phone that now can be bought from a snack vending machine near the Amsterdam Arena. Phone company Telfort and snack shop chain Febo have co-operated in this unique venture. Febo is well known for its snack shops that sell food from vending machines in the wall. Customers put money into the machine and the food - and now mobile phones too - come out. (Photo: EPA/Marcel Antonisse)



Mobile phone users can expect the cost of sending text messages from abroad in the EU to be much cheaper next summer.

The European Commission this week proposed to reduce the price of roaming text messages by 60% as of 1 July 2009.

EU citizens travelling in other EU countries should pay no more than €0.11 per SMS compared to the current EU average of €0.29.

The Commission also wants to improve transparency for surfing the Web and downloading data on a mobile phone while abroad: consumers used to cheaper data services at home should be better protected against roaming 'bill shocks' that can run to thousands of euros. The proposals will now be submitted to the European Parliament and Council, who must agree before they become law. The EU has already reduced charges for making and receiving calls abroad (voice roaming) by 60% in summer 2007.

"Europe, through its GSM standard, made mobile telephony

attractive across the globe. It is now time to demonstrate that there is a truly single telecoms market in which consumers can use their mobile phone in all 27 EU countries without being punished when crossing a border," said José Manuel Barroso, President of the European Commission.

"If we get this done quickly we will see tremendous growth in SMS and data services, and send a message that lower roaming charges can be a win-win situation for all," Viviane Reding, EU Telecoms Commissioner, said: "Using your mobile phone abroad in the EU should not cost unjustifiably more than at home, whether making calls, sending texts or surfing the Web. Europe's 37 million tourists and 110 million business travellers are waiting for the promise of the borderless single market to finally have a positive impact on their phone bills."

Northern town plans Celtic research centre



The town of Boticias in northern Portugal plans to build a national documentation centre to promote research on the fortified pre-Roman Iron Age Celtic villages, or 'castros', found in various regions of Iberia, an official was reported as saying by the Lusa News Agency.

Boticias Mayor, Fernando Campos told Lusa this week the project, supported by the National Museum of Archaeology and the Institute of Museums and Conservation, will hopefully be created from EU funds but if these funds are not forthcoming, Boticias "will find resources to undertake the

project".

The planned research centre in Boticias, situated in the Trás-os-Montes region, is among initiatives including an international conference and exhibition of artefacts found in castros' already organised by the local council to raise awareness of the area's rich Celtic heritage.

Parliament vote paves way for Single Telecoms Market

The European Parliament in its plenary session earlier this week voted on the European Commission's proposals of November 2007 to reform the EU Telecom rules, in place since 2003.

The EU Telecoms Reform aims to create a Single EU Telecoms Market with improved rights for consumers and businesses by reinforcing competition and investment and boosting the take-up of cross-border services and wireless high-speed broadband for all.

"Today's vote is good news for European consumers," said Viviane Reding, the EU Telecoms Commissioner.

"The European Parliament has voted in favour of a strong and competitive Single Telecoms Market without borders for cross-border services, competition and investment in Europe. This will level the playing field for telecoms operators in Europe, enhance legal certainty, and broaden consumer choice", explained the Commissioner.

Five Portuguese films to be featured at Rio cinema festival

Five Portuguese films will be featured at the 10th Rio Film Festival, one of Latin America's main cinema events, in a new demonstration of strengthening trans-Atlantic ties between the two Lusophone countries.

The Festival's executive-director, Ilda Santiago, told the Lusa News Agency this week that one of the event's main objectives was to bolster cultural exchange with other countries, namely with Portugal.

"Every year we try to make a symbolic selection of what Portugal is producing and to make a connection with the Brazilian public", Santiago said in Rio, ahead of the festival's opening, which took place on Thursday.

Four feature-length Portuguese films will be shown: Leonel Vieira's 'Julgamento', Miguel Gomes' 'Aquele querido mês de Agosto', António Pedro Vasconcelos' 'Call Girl', and João Botelho's 'A Corte do

Norte".

Rui Avelans Coelho's short-subject 'The Champion' will also be shown.

Santiago said that while Brazilian cultural products were "recognized" in Portugal, the same could not yet be said of Portuguese cinema in Brazil.

"Brazil needs to know Portugal better", she stressed, adding that one of the Festival's goals was to promote the Portuguese language.

About a dozen Portuguese film producers and representatives of Portugal's audiovisual market will be present at the Rio Festival in search of bilateral co-production, distribution and sales deals.

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Cavaco Silva seeks support for Security Council bid



President Cavaco Silva was this week using a string of bilateral meetings with fellow leaders at the United Nations General Assembly to push for a Portuguese seat on the UN Security Council, the Lusa News Agency reported.

Speaking after talks with Paraguayan President Fernando Lugo Mendez and Australia's premier, Kevin Rudd, Portugal's head of state said a key priority of his New York visit is to lobby for a non-permanent seat for his country on the Security Council from 2011-2012.

"More than a hundred" declarations of support and "various declarations of intent" have already been received in support of Lisbon's goal for a temporary

seat on the Security Council, a source in the Portuguese presidency said.

"At least 150 votes" are needed from the 192 UN member states, added the same source, and Portugal faces stiff competition from states including Canada and Germany.

Portugal's permanent UN representative João Salgueiro further told the Lusa News Agency his country is popular within the UN's corridors of power, add-

ing: "I think we'll probably achieve this nomination."

Lisbon previously held a non-permanent Security Council seat ten years ago and the push for the seat was defined as priority for Portuguese diplomacy during 2008.

Portugal's seven fellow members of the CPLP Lusophone bloc formally threw their weight behind Lisbon's candidacy for Security Council membership at a July leaders' summit.

MPs' mobiles disconnected over unpaid bills



MPs with mobile phones from the Vodafone network had their services cut off for part of the morning, earlier this week, as the monthly bill for July remained to be paid.

Portuguese Parliament, which has deals with all national mobile networks, supplies its MPs with the phones and foots the bill.

But those connected to the Vodafone network had a shock earlier this week when their phones were cut off, reportedly due to a bill

relating to the month of July which had still not been settled.

MPs claim their phones were disconnected with no prior warning.

An institutional spokesperson said "It was a problem with Vodafone but it has been resolved. The cut-off was done without warning because of a

delay in payments, but everything is settled now."

This was confirmed by Vodafone, who also confirmed the payment had since been made, lamented not giving prior warning, and said "only a human error in Vodafone's services" could explain the drastic suspension.



President Cavaco Silva during his meeting with the Prime Minister of Australia, Kevin Rudd, during a pause in the work sessions of the 63rd meeting of the United Nations on Tuesday in New York. (Photo: Lusa / António Cotrim)

Investigator accuses Danish company of destroying eco-rich sea bed



An investigator of the Algarve University has expressed his disappointment at the alleged lack of environmental awareness a Danish company in charge of dredging a sea bed to fill in Vale do Lobo beach had, as it destroyed an area that was bubbling with sea life.

Jorge Gonçalves has been coordinating mapping of the Algarve coast since 2003 and what disgusted him further by the Danish company's conduct was the fact that at a close distance there was a stale sea bed area with practically no life whatsoever that could have been used to dredge sand. Authorities were only informed of the location of the dredging weeks later, by fax, although the company has the technology to inform them in 'real time' via GPS: "In Denmark they wouldn't act like that" said the investigator.

Jorge Gonçalves' seabed mapping was requested by the Regional Development Commission and has been carried out by Sea Science Centre of the Univer-

sity of the Algarve since 2003.

The strip between Faro and Albufeira has already finished and between Albufeira and Alvor it is in the final stages. The biggest surprises so far in the mapping have been the variety and amount of sea life in sandy areas: "the underwater sands of the South Coast are bubbling with life." A total of 1,138 species have been identified in the proc-

ess, 561 of invertebrates, 97 of fish and others.

By 2010 the mapping should be done until Ponta da Piedade, in Lagos, and further plans are being contemplated for the West Coast, although it will be very complicated as the sea bed is extremely rocky in those areas. The study is made in coastal areas until 30 metres in depth, around 4 kilometres from the coast.

President wants closer cooperation with Australia over Timor



Portugal and Australia could work more closely together to support East Timor's development, Portuguese President Cavaco Silva said this week after talks with Australian Prime Minister Kevin Rudd.

Portugal's leaders said this week ahead of the UN General Assembly he and Rudd analysed the situation in Timor. Both parties agreed on the need for "joint work between the two countries to help towards political stabilisation, security, combat of poverty and creation of jobs," he added.

The possibility of more frequent meetings between Lisbon and Canberra officials on Timorese issues, as well as par-

ticipation of Dili representative in these contacts, was also brought up, said the Portuguese leader.

During his UN visit Cavaco Silva also held talks with his counterparts from Bosnia, Serbia and Montenegro "at the request of other states," a presidential source said.

Lisbon attaches great importance to stability in the Balkans, where it has deployed peacekeepers to international

missions, and Cavaco Silva visited the region soon after taking office, the same source added.

Portugal is among a group of states yet to recognise Kosovo's unilateral independence declaration. Serbian President Boris Tadic is seeking support for a motion to be presented to the General Assembly for the International Court of Justice to rule on Kosovo's breakaway to rule on Kosovo's breakaway to rule on international law. *TPN/Lusa*

Job market slowing down

Employment expansion appears to be moderating further following economic slowdown, but remains positive, the European Union said this week.

An analysis of recent data – released by the European Commission today – shows a moderation in overall labour market performance in the EU following the recent slowdown in eco-

nomonic activity.

Quarterly employment growth fell to 0.2 percent in the second quarter of 2008, while the unemployment rate stabilised at 6.8 percent. Despite the slowdown, by

the second quarter overall employment had still increased by 2.9 million from a year earlier. However, recent labour market performances vary substantially across Member States.

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Portuguese school 'kits' help poor Cape Verde students



Cape Verde's Education Minister Vera Duarte hands out school material and uniforms with Portuguese help to 350 pupils in charitable institutions in Cidade da Praia on 19th September. (Photo: Lusa / Fernando Peixeiro)



The Portuguese ambassador to Cape Verde has donated uniforms and school kits for 350 poor children in the archipelago's capital ahead of the start of the school year.

Ambassador Graça Guimarães delivered the aid package, uniforms, back-packs, textbooks and other material, at a ceremony attended by Education Minister Vera Duarte in Cidade da Praia last Friday.

About 150,000 students began

classes on Monday at the islands' 400 primary and 40 high schools.

For the first time, all children aged six are obliged to enrol.

Cape Verde, a former Portuguese colony, boasts one of Africa's highest literacy rates.

TPN/Lusa

Forest fires almost halved

Figures released this week have shown that the total amount of land scorched in forest fires between January 1st and September 15th this year has diminished to almost half when compared to the same period last year.

This was confirmed by provisional data from the National Forestry Authority (AFN), published this week.

It stated that this year, during the afore-mentioned period, 10,105 hectares of land were burnt in fires, 3,315 hectares of which were in populated areas, the remaining 6,790 hectares being countryside.

That figure is a 43.6 per cent

reduction from the 17,947 hectares that were incinerated last year during the same period.

But despite the quantity of land having diminished the number of fires that occurred this year grew slightly in comparison to previous years.

According to the AFN, Guard was the district with most forest fire incidents, with 222 outbreaks being documented.

It concluded that during the first four months of 2008 the average number of fires registered was close to averages of the past ten years. During the following months that average was slightly lower, though there are discrepancies concerning the months of June and August.

EU launches 4-year anti-drug action plan

The European Commission this week adopted "An EU Drugs Action Plan for 2009-2012" which proposes wide-ranging

measures to strengthen European cooperation to curb the adverse consequences of drug use and cut drug-related crime. These

measures also include a European Alliance on Drugs to reduce the harm caused by drugs in our society.

Through the European Alliance on Drugs, the Commission also calls on government bodies, public services and voluntary organisations to work in partnership.

"With up to 2 million problem drug users in the EU, it's high time to raise awareness of vulnerable groups, especially youth, on the risks of drug taking," stated Vice-President Jacques Barrot, Commissioner responsible for Justice, Freedom and Security.

"The European Alliance on Drugs will mobilise Europe's citizens to play an active part in the fight against drugs, i.e. by informing and disseminating widely the successful initiatives achieved so far," added the commissioner.

Latest available data show that whereas the use of heroin, cannabis and synthetic drugs has stabilised or is declining, cocaine use is rising in a number of Member States.

The total number of people in the EU who use drugs – or have at some time taken them – is estimated at 70 million for cannabis, at least 12 million for cocaine, 9.5 million for ecstasy and 11 million for amphetamines, while at least half a million people are known to be receiving substitution treatment for heroin.

There are up to 2 million problem drug users in the EU and around 7,500 people die of drug overdoses each year.

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Teen stabs parents, told to move in with grandparents



A thirteen-year-old boy who stabbed his parents with a kitchen knife on Sunday night has been placed in the custody of his grandparents until a police investigation into the incident is complete.

He stabbed his father twice near the heart and his mother once in the abdomen, reportedly following an argument in the family's home in Bairro Conde Monte Real, Tires.

It is believed the mother was injured when she tried to intervene in the argument and stop her son from attacking his father.

The boy will remain in the care of his grandparents until an investigation launched by the PSP, to determine what kind of relationship he had with his father, is completed. He will also be sub-

jected to extensive physiological tests by the National Committee for the Protection of Children and Youths at Risk, so corrective treatment can be diagnosed.

Following the attack both the boy's parents were immediately operated on in the Cascais Hospital, his father later being transferred to Hospital de Santa Cruz, Carnaxide, where he remains under observation.

Neighbours who have expressed their shock at the incident described the boy as a "nice child."



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Portuguese wages fairer for both sexes



Portugal is the world's sixth country with less salary differentiation between sexes, according to a report from the United Nations, which has calculated that globally women receive an average of 17 per cent less salary than men.

Malta has the lowest salary difference between men and women, estimated at three per cent, followed by Panama, the Philippines, Sri Lanka, Belgium and Slovenia.

Portugal, along with Thailand, Ireland, and Italy, rank sixth on the list, with an average difference of nine per cent between women's and men's salaries.

Countries including France, Spain, the UK, the USA and Germany have even higher wage differences.

According to the 2007

United Nations Development Fund for Women (UNIFEM), the biggest salary difference is noted in Georgia, a difference of 51 per cent.

On the opposite end of the scale, in terms of trade unions, Portuguese women's affiliation is amongst the worst in the world, along with Argentine, Peruvian and Filipino women.

The document concludes that conceding more rights to women and giving them greater equality is essential to reducing poverty.

Portugal in court over discriminatory taxes

The European Commission has decided to refer Portugal to the Court of Justice for its discriminatory tax rules according to which non-resident entities providing services in Portugal are subject to a withholding tax based on the gross amount of their income, whereas domestic providers are taxed only on their net profits. The Commission considers that these rules are incompatible with the EC Treaty, which guarantees the free provision of services.

In the view of the Commission this legislation is likely to dissuade foreign services providers from providing services in Portugal, and might dissuade Portuguese clients from buying services from foreign providers, and therefore constitutes an infringement of Article 49 of the EC Treaty (freedom to provide services).

Portugal notes that taxation on the basis of gross income does not apply to service providers resident in Member States with whom Portugal has signed a Double Tax Convention (all Member States except Cyprus). In addition, Portugal remarks that in the case of taxation on the gross income the dif-

ference in the tax base might be offset by the difference between the rate applicable to resident entities 25% and the final withholding tax rate 15% applied to non-resident entities. The Portuguese Government also claims that the measures are necessary to combat tax fraud.

However, the Commission considers that there is discrimination to foreign services providers established in Cyprus which has not signed a Double Tax Convention with Portugal. The Commission is of the view that discrimination exists when it cannot be ensured that differences in the level of taxation due to the differences in the tax bases are always offset by the differences in the tax rates. It also regards the chosen measures as disproportionate since there are other methods of preventing fraud, for example by requiring the service provider to give information or by mutual assistance and information exchange with other EU Member States under EU Directive 77/799/EEC and by mutual assistance in the recovery of claims under EU Directive 2001/44/EC.

Portugal gets telling off over pharmacy laws

The European Commission has taken action to put an end to obstacles to the freedom of establishment in Portugal, by formally requesting it to modify its legislation on the ownership of pharmacies.

This request comes in the form of 'reasoned opinions,' the second stage of the infringement procedure under Article 226 of the EC Treaty.

If there is no satisfactory reply within two months, the Commission may refer the matter to the European Court of Justice.

Under existing Portuguese rules, companies active in the wholesaling of medicines are not allowed to own or manage pharmacies.

Moreover, the Portuguese legislation prohibits ownership of more than four pharmacies.

Again, in the Commission's view, these requirements are disproportionate to guaranteeing the protection of health and therefore are not compatible with the freedom of establishment, enshrined in Article 43 of the EC Treaty.



Countess Teresa Cadaval wins the prize "Lady of the Wine" in the Eva 2008 awards in Spain. (Photo: José Sena Goulão)

São Tomé hold major investment opportunities for Portuguese firms, says president



President Fradique de Menezes of São Tomé and Príncipe has said that "Portuguese investments have a wellspring of opportunities" in his country, where the government is working to develop a service sector catering to the oil-rich Gulf of Guinea region.

Addressing company chiefs, academics and investment specialist at "The Investor's Guide to STP," jointly organised by Colombia University and the STP government, at the Lisbon headquarters of Portugal's AICEP export promotion agency, de Menezes noted the success of Portugal's Pestana holiday group in his country.

Portugal's largest single private investor in São Tomé, Pestana, operates a number of high-end hotel and resort complexes in the islands. De Menezes also mentioned Portu-

guese construction groups Soares da Costa and Mota-Engil - both with firm footholds in São Tomé.

Major offshore oil projects in São Tomé's shared offshore development zone with Nigeria are not expected to come on-stream until 2014 at the earliest, but the islands can develop its energy sector via cooperation with nearby states like Nigeria and Equatorial Guinea that already have flourishing hydrocarbons sectors, de Menezes said.

Membership of the African Growth and Opportunity Act (AGOA) will also open up export

markets in the US to São Tomé, he added.

São Tomé's leader also revealed that a 50 million euros credit line, provided by Portugal's Caixa Geral de Depósitos, could allow Pestana subsidiary Pousadas de Portugal to develop abandoned farms in the archipelago. This issue featured in talks this week between São Tomé Prime Minister Rafael Branco and his Portuguese opposite, José Sócrates, said de Menezes.

São Tomé's president said there is still a chance that Portuguese oil and gas company Galp,

in partnership with Angolan and Brazilian firms, could be allowed to develop hydrocarbons ventures in São Tomé's exclusive economic zone after modifications are made to the country's oil legislation.

Alterations to São Tomé's oil laws, permitting fast-track award of contracts without tenders, were proposed by a previous government led by Prime Minister Tomé Vera Cruz, but blocked by the then MLSTP opposition of current Prime Minister Rafael Branco.

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Hydrogen powered car unveiled in Lisbon



Environment Minister Nunes Correia looking at the new hydrogen powered car near Jerónimos Monastery on the European Day without Cars last Sunday. (Photo: Lusa / Inácio Rosa)



The most eco-friendly car to date, which emits water vapour through the exhaust, was exhibited in Lisbon this week. Developed by Nissan, the X-Trail FCV prototype costs €1 million.

Nissan is the first manufacturer to develop a car powered by hydrogen fuel cells, although others have since followed suit on the technology, which is thought to be sold in 10 years time. "The prototype costs around €1 million, a cost price that makes it impossible to mass produce. We are now developing the technology to get a competitive price in the market" said Nissan Communications Di-

rector António Pereira.

Hydrogen powered cars are the most environmentally friendly vehicles to date as they have zero emissions of CO₂, although production of hydrogen does imply the release of CO₂, but António Pereira explained "We are trying to improve hydrogen production technology to make the car even more eco-friendly."

The reaction of oxygen with

hydrogen produces electricity which feeds the vehicle, providing silent driving for 500 km, with a top speed of 160 km/h.

Environment Minister Nunes Correia is all for the hydrogen car and says they are the near-future solution to pollution. He currently uses a hybrid vehicle but intends to change to electric as soon as power supply stations are installed in Lisbon.

SHORT TERM LETTING IN 2008: New Legislation

by Dennis Swing Greene

In this series, we review the updated requirements under the new Holiday Let Licensing legislation

1^o - Introduction

2^o - Local Lodging

3^o - Commercial vs Residential

4^o - Standards of Quality and Safety

3 - Commercial vs Residential

The activity of short term letting of furnished accommodations is contemplated from two quite different perspectives in Portuguese Legislation. On the one hand, when marketing exclusively to holidaymakers, it is viewed as a *commercial tourist activity*, regulated by Decree Law n^o 39/2008, governing the licensing and operating parameters of Tourist Developments. On the other hand, it can also be considered a *temporary residential rental activity*, regulated under the Civil Code as contemplated under the *Novo Regime de Arrendamento Urbano* of 2006, exercised by Owners letting directly to Renters on a short term basis.

Distinguishing between Commercial vs Residential Renting

What guidelines exist to distinguish between renting that is either *commercial* (eg. *tourist*) vs *residential* (eg. *self-catering*)? While both provide temporary furnished & equipped quarters, the former provides normal "tourist" services such as daily cleaning and reception. With self-catering accommodations, no services are included, only the short-term use of the unit.

As a rule of thumb, the Agents or Operators are seen as conducting a *business activity* since they are registered (or should be) as a commercial entity. If the Owner also runs an established business (eg. including cleaning and reception services), a transfer of the business to the Operator will still be seen as an indirect participation. On the other hand, if the Owner provides no services, the activity should normally be classified as a residential letting activity.

Let us examine several practical examples that might help you to "sort out the wheat from the chaff":

Example n^o 1 - At one end of the spectrum is the case of Owners wishing to let their units in a registered *Tourist Development*. Under Decree Law 39/2008, as well as prior legislation, they may only let through the Development Management which ex-

ercises the *commercial tourist activity*. In fact, when Owners occupy their own units, they are classified by law as "tourists", not "residents".

Two possible tax treatments may exist, depending on the original setup of the Development. If Owners have a Contract of "Cessão de Exploração" (concession of business rights), they may be considered as part of the commercial business activity providing that a) the unit is fitted & equipped by the Owner and b) the Owner participates in the business risk (eg. a percentage of the turnover rather than a fix rent). Income is reported under *Category B*.

On the other hand, if the contract merely leases the space to management (with or without furnishings and fittings) at a fixed rent ("Contrato de Locação"), the activity should be classified as letting and income reported under *Category F*.

In either case, it is not the Owner who makes the choice. The solution depends on the setup of the Tourist Development and the subsequent contracts. It is essential that Buyers understand the nature of these agreements and are comfortable with the respective requirements.

Example n^o 2 - Another case is when an Owner places a furnished & fitted property with a *Holiday Letting Agent*. In most instances, the Owner does not concede the business to the Agent but simply leases the fitted & furnished unit to the Agent. The owner reports in *Category F* (Rental Income); the Agent declares income in "IRC" as a Company or *Category B* of "IRS" as a Sole Trader. The Agent will need a Tourist Agency License to conduct the activity (issued via *Turismo de Portugal*, I.P.).

Example n^o 3 - Another possibility is when rental contracts are set up directly between the Owners and Holidaymakers with the Agent defined as merely providing outsourced support services. In this instance, the Owner declares rental income in *Category F* while the Agent reports business income in *Category B*. No Tourist Activity License on behalf of the Agent

should be required in this case.

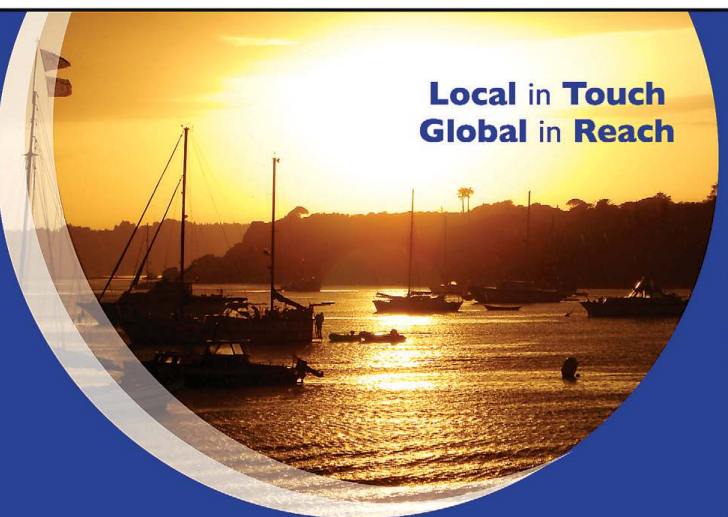
Nevertheless, because it is a *tourist activity*, individual property offerings should be registered with the local *Câmara* under the Local Lodging regulations of the new Decree Law requirements.

What if the Agent is based in the UK or elsewhere abroad rather than in Portugal? What are the obligations within Portugal? This is a complex question that we will not attempt to answer in this context. Suffice it to say that it is essential to comply with local legislation. By analogy, if you have a British Driving License, you may drive anywhere in the European Union. However, that does not mean that you still can drive on the left hand side of the road on the Continent!

Example n^o 4 - In a further instance, a private contractual arrangement exists between an Owner letting directly to a Renter. The Owner may also independently contract for services from an *Agent* or a *Property Manager*. Such professional services should not influence the *residential* nature of the rent, even if the Owner subcontracts part of the rental administration. In fact, outsourcing of professional services is often a necessity for the *non-resident Owner* who is not present during much of the year to sort out administration and upkeep needs. The Owner declares rental income in "Category F"; Agents and Property Managers should report in "Category B" (business income).

Does the Owner need to register under Local Lodging regulations? This may depend on the contract between Owner and Renter. If the terms of the agreement do not limit the letting to tourists but rather open occupancy to anyone eligible under Portuguese Civil Code statutes, there would be no reason to assume that the Renter is a *Tourist* and not a travelling salesman, a scholar doing research on a PHD or an author working on his next novel. Nevertheless, registration may still be a good idea in many cases even when rentals are not limited to holidaymakers.

Local in Touch Global in Reach



Fiscal Representation for Non Residents

Fact: By law, all non-resident companies and individuals owning a property in Portugal are required to appoint a fiscal representative.

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Alcochete Airport Met Station installed



NAER (Novo Aeroporto SA) has confirmed Alcochete's new Meteorological Station is ready at Alcochete Shooting Range, located near the future Lisbon Airport.

As the preliminary work is in progress for the new airport, a technical consultant, in charge of making a rigorous drawing for 'critical revision' of work progress, has not been nominated yet. One has to be chosen soon as a drawing must be ready for the first trimester of 2009, in order not to delay construction planned for 2011.

At the moment, work for the future airport is only taking place at Alcochete Shooting

Range and not the surrounding areas.

Artop and Geocontrol are the chosen companies for the first stage of construction; they will be responsible for mapping, drawing, structural geology and prospecting.

Consulgal/Mott Macdonald/YRMA is one of the companies which has been pre-qualified to carry out planning and conception work. Besides Consulgal/Mott Macdonald/YRMA,

ADPI (subsidiary of Aéroports de Paris), Aviaplan-Cowi JV, Hok International Limited, Arup, BMM, Aviation Solutions, Louis Berger, Ineco, LMSA, NACO, FOSTER, WSP, DHV, Scott Wilson, Pascall+Watson, Fase, TPF Planeg, Parsons CPT Consortium and GIEPA - A.C.E. are the other companies qualified to carry out work for NAER.

The construction of the new airport, approved for Alcochete on May 8th, is planned to begin in 2011 and should last 5-6 years.



Many braved the elements to attend the Autumn WRVS car boot sale

Spring cleaning fever in Autumn



Forecasts of bad weather, marginal closure and threat of non functioning toilets didn't deter a wonderful collection of people to the WRVS Car Boot Sale in Carcavelos Market on 20th September.

This was only the second time we had used this venue, and was the first time to try an autumn sale. Would people be interested in clearing their cupboards in autumn? Had we caught the interest of those locals who had seen the banner and posters, read the websites and the newspapers, and had flyers placed on the windscreen's of their cars?

At 9am the gate opened and the cars loaded with treasures slowly drove in, filling the isles. The numbers increased until the 11am start and the browsers and buyers could come forward. Sandwiches and home made cakes appeared from willing WRVS members for the food stall, along with items donated to the WRVS White Elephant Stall. Then in came the curious, and the friends and more helpers. One of our honorary male WRVS members guided the traffic, along with another traffic guide Ray, who was one of a number of non WRVS members, including many young people who pitched in to help their grandparents and friends. It was great to see the school kids there, earning points for their Community and Service. One group of young girls from St Dominic's raised over 120€ to help a mother afford the childcare necessary for her to go out to work. Other people gave donations when they knew we were gathering for Casa do Sol Children's home in Lisbon.

One smattering of rain appeared. But the weather gradu-

ally improved and we refolded our umbrellas. By the end we were looking at our sunburnt hands! An unexpected gust of wind took one of the food stall canopies totally over the other. Friends and neighbours rushed to our aid, and we dismantled the bent framework and took down the second before it blew away too.

By one o'clock the crowds diminished as the Portuguese went home for their lunch and the estrangeiros ate the last of the sandwiches (Chocolate brownies, banana cakes and tray bakes had all gone much earlier!). With one last look round everyone's stalls, some last chatter with old and new friends we gathered up and went home. Some were able to leave leftover unwanted items to Trash and Treasure Charity shop near the Riviera Centre which opened specially for us.

Altogether there were 28 cars, less than in May but still worth all the effort.

Adding together the price of €12 for each car that was sold from, the taking from the White Elephant, sandwiches and the cakes and drinks sales we raised over €1,025.

Many thanks go to all the volunteers and participants for making this another memorable day and to the Freguesia de Carcavelos, for their courtesy and helpfulness in the dealings over the use the venue, and for repairing the toilets so fast and in time!

HLS

New environmentally friendly Carris bus fleet



Carris' 136th anniversary was celebrated during the European Mobility Week last week.

As part of celebrations, Lisbon's Transport State Secretary presented Carris' new fleet of forty buses. Ana Paulo Vitorino stressed the importance of its new fleet, which will help the company reach several objectives, such as being more environmentally friendly and helping citizens with special needs.

Amidst celebrations of the new Carris fleet of twenty articulated and twenty normal buses equipped with disabled

ramps and bicycle racks, the financial difficulties endured by the company came to surface. Ana Paulo Vitorino spoke of the problem: "Carris' financial problems aren't only Carris', they are of all public transportation companies because prices charged to users do not correspond to the real cost." She also added that mobility is a constitutional right and public transportation cannot continue to be paid fully by users' and taxpayers' money, stressing that economic activities

that benefit from public transportation should contribute to financing, reducing the impact on users' pockets: "What cannot continue is the State Budget to keep financing transportation."

The new fleet of forty buses, representing an investment of €10 million, should start running by the end of the year. In 2009, 60 more buses are expected, twenty of which will be powered by Natural Gas, at a cost of €14 million.

Lisbon invests €5m to get people cycling



Lisbon Mayor António Costa has announced that over the upcoming years he will be spending five million euros on infrastructures throughout the various municipalities that comprise the city to encourage people to cycle.

This will include laying a new 40-kilometre stretch of cycle track as well as renovating existing tracks.

State secretary for Transport Ana Paula Vitorino signed an agreement with Mayor Antonio Costa and the administrators of Lisbon's port to build a new cycle track along the Tagus River on

the last day of the European Mobility Week as some of the area occupied by the future paths is under Lisbon's Port jurisdiction.

Another seven-kilometre stretch is planned for between Belem and Cais do Sodré, and should be ready by next summer, to be officially inaugurated on June 5th.

On the same day, a shared bicycle network, similar to the existing ones in Paris, Barcelona and Zaragoza, was also presented. Around 2,500 bicycles will be available for Lisboa Viva card holders and there will be over 250 parking posts around the city. The card will have its own incorporated sys-

tem that will allow users a limited time on public transportation, around thirty minutes. According to Councillor Marcos Perestrello, an annual pass for this service will cost €25.

A general plan of parking spaces for private bicycles was also presented for Lisbon city.

Americans in Portugal Fete NATO Deputy Commander



Sixty Americans in Portugal members, friends and guests met last Wednesday at the Centro Cultural de Cascais restaurant, for a luncheon program featuring Lieutenant General José António Araújo Pinheiro as its speaker.

Pinheiro, a General in the Portuguese Air Force, who is Deputy Commander of the Joint Command Lisbon NATO base in Oeiras, described NATO's international role saying, "NATO is a unique instrument for safeguarding security in a rapidly changing world".

Today, NATO maintains missions in Afghanistan, Kosovo, Bosnia-Herzegovina and the Mediterranean, including naval, air force and ground troop divisions, with Portuguese participation in many of them. Joint Command Lisbon provides the NATO Response Force "responsible for delivering joint innovation for higher headquarters operations, and we are building bridges to partnerships, especially on the African continent", Pinheiro said.

During the Members' Questions & Answers period, Pinheiro was asked about the level of encouragement by NATO of former Soviet colonies to join NATO, and whether "inroads by NATO so close to Soviet borders might have provoked the Kremlin response of the invasion of Georgia." Pinheiro replied saying that "NATO

doesn't invite other countries to join, rather the countries' democratic decision-making process often results in applications to join."

Pinheiro also described NATO's function not only in military terms, but as playing a major role in helping evolving nations with construction of schools and hospitals, promoting education, and rebuilding infrastructure damaged by wars. "These roles," he said, in answer to a question, "are much different than NATO's original post-World War II task of merely providing defense." He went on to describe how NATO "is invited" by countries outside of the NATO block to intervene in conflicts that "threaten global stability and the principles of democracy."

The next Americans in Portugal luncheon program, which is open to all nationalities, and presented in English, will have a Holidays theme, and be held on December 17, 2008, in Cascais. For further information, and to view or download digital photos of the NATO program, please visit the AmP website at: <http://amportugal.planetaclix.pt>



NATO General José António Araújo Pinheiro addressing the Americans in Portugal luncheon. (Photo: Don David Price)

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Teddy Peacock, performer at the São Lourenço's Got Talent Show



Tom Hunter Marshall, Drums

€1000 raised by Students of the International School São Lourenço for School Aid



School-Aid is an effort to improve resources in African schools and has been established for over 10 years.

In the last year, students at the International School São Lourenço have been raising money for School Aid, holding many events including a "Trash Fashion Show" and a "São Lourenço's Got Talent Show" (similar to the UK hit show "Britain's Got Talent").

The Trash Fashion Show was based on making glamorous fashion designs from recycled materials. The boys in Year 10 showed an innovative and enthusiastic approach to men's wear for a wedding party, whilst the

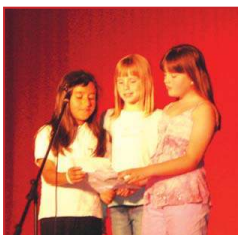
girls invested their time and energy in designing and producing creations for the female wedding partners. Mrs Stevens, Deputy Headteacher said "It was quite amazing to see the raw talent for design and fashion exhibited at the Show."

Participants from all years took part in the "São Lourenço's Got Talent Show". Various musical abilities were shown including performances on the guitar, piano, drums, together with singing. There were bands and dancing, and literary performances including monologues and poetry. Two boys took to the stage to try to win the title by hula-hooping. The School even exhibited a few comedians that day! Parents and staff were very impressed by the standard and variety of talent shown.

Mrs Stevens praised all those who were involved with the Talent Show and for all the hard work put into it by both students and teachers, to raise a staggering €1000.



Max Gracie-Ainscough, Singer



Isabel Chowdhury, Alexis Cross and Rosie Donnelly, Performers at the Talent Show

su do ku

Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9. That's all there is to it. There's no maths involved. The grid has numbers, but nothing has to add up to anything else. You solve the puzzle with reasoning and logic. It's fun. It's challenging. It's addictive! Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

	3		8				1	
1				7				9
				3		4		
8	6			2				
2			9		1			6
				5			4	3
		1		8				
5				1				7
	9				4		3	

Last weeks solution:

1	5	8	9	7	3	6	4	2
3	4	7	8	2	6	9	5	1
6	9	2	5	1	4	8	3	7
7	1	9	3	6	2	4	8	5
8	2	5	7	4	9	1	6	3
4	6	3	1	5	8	7	2	9
5	8	6	2	9	7	3	1	4
9	3	1	4	8	5	2	7	6
2	7	4	6	3	1	5	9	8

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

Music Stars 'burn down the house' at charity auction



Diners at the well known La Piazza restaurant in Santa Barbara De Nexe got more than they bargained for when a radio charity auction turned into an impromptu night of stars.



Ian Gillham and Stan Bowles at the charity auction

As guests were being seated, former light heavyweight world champion John Conteh was joined by former QPR and Man City and England international soccer legend, Stan Bowles.

However, after dinner there was an even bigger treat in store when soul music legend Alexander O'Neal, who had been headlining two concerts at the Estádio Algarve, Faro, and Hotel Paraiso, Albufeira, delighted diners by belting out two soul classics. As diners dug deep in their pockets for an Albufeira based children's charity, former Deep Purple vocalist Ian Gillham, who had been dining privately with his wife and daughter, was encouraged to provide an impromptu performance of one of the greatest rock classics of all time, 'Smoke On The Water'.

Ian was backed on guitar by resident local musician Howard Scott Parkin who jumped at the opportunity to play with the Deep Purple front man if only for one song. Restaurateur Angelo Bucciero commented that this was a wonderful night, which he would never forget.

"I am absolutely thrilled to have entertained these big stars of music and sport but the real winners were the children of Pirilampus Orphans Home of Albufeira because our generous diners raised so much money for this deserving cause".

Organisers of the event, Nigel Dobson of D&E promotions and Paul Buick of Kiss FM Radio, Algarve were delighted with the success of both the concerts and dinner auction and revealed that they would be bringing UK singing star, Lisa Stansfield to the Algarve next year.

International School São Lourenço Excel at A Level and GCSE Examinations 2008



Congratulations are extended to the students at both GCSE and A Levels for the fantastic achievement in their exam results this year.

The GCSE results this year were the best results the school has ever had, and as can be seen from the GCSE/IGCSE results table below, far exceed the UK percentage pass rates.

Exceptional individual performances at GCSE/IGCSE level came from Aine Campbell (4 x A*, 3 x A and 1 x B) and Philip Haberlach (3 x A*, 4 x A and 1 x B).

At A Level, all students achieved at, or above, the level

that had been predicted for them. All Sixth Form leavers who applied to university were accepted by their first choice.

Mr McGuire, the Headteacher, said "This is a stunning achievement and a tribute to our professional and dedicated teaching staff. Of course, the commitment and enthusiasm of the students must not be understated. Well done to everybody concerned!"

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12 Restaurantes Restaurants

Allgarve extended to six months in 2009



An increase of two months and double the budget should make next years Allgarve event a greater success. The expansion was made to make the Algarve a more attractive beach holiday destination during the current economic slowdown.

The Government intends to extend the Allgarve programme up to one year in duration over the following years. Portugal State Secretary said "This year we had €2 million and next year we have €4 million. Our ambition is to extend the programme throughout the year because it is a clear answer to uncertain economic times. We need to be proactive and the Allgarve events are a sign of our effort."

Of the €4 million invested in the six month programme, €3 million is appointed to Central Administration, via Turismo de Portugal, and the extra €1 million

is intended for councils' use.

Bernardo Trindade also spoke of the importance of British tourists: "The Algarve is our main tourist destination, strongly dependent on the British market, so we have to be as close as possible to that market's requests."

The Allgarve programme of event's purpose is to promote Portugal in the largest tourist markets, to distinguish what the Algarve offers in relation to other international tourist alternatives that also offer sun and beaches, attract tourists with greater spending power and expand the tourist influx.



Minister of Economy Manuel Pinho hands donations, gathered from ticket sales in the concerts of Allgarve programme, to charity institutions.

Airline, from page 1

The company is arguing that despite the current economic situation, this particular market is growing and will continue to do so into the next decade.

Explaining the reasoning behind selecting Portugal as the headquarters for the launch of the billion-euro airline, the

chairman of Jet Republic this week explained that Portugal "is an excellent country" in which to invest, given its mature jurisdiction, qualified and multi-lingual labour force and good infrastructure.

In comments to the Lusa News Agency, Jonathan Breeze

said: "Portugal is truly an excellent country in which to invest. Ten years ago, Portugal was the only jurisdiction that regulated this type of business, though most European countries do so now. But Portugal has their advantage of a decade of experience in this area".

Portugal is already the home aircraft registry for the rival NetJets European fleet.

Continuing his praise of Portugal, the Jet Republic chairman added: "It was very easy to invest in Portugal, the National Institute of Civil Aviation (INAC) has been regulating this sector for some time now and has vast experience in the field.

"We need a strong regulator such as INAC in order to ensure we are abiding by the rules. There are other aeronautical entities in Europe that regulate this business, but INAC is the top specialist", explained Jonathan Breeze after the presentation of the company and its 110-strong fleet, whose headquarters will be based at Lagoas Park in Oeiras, not far from the Tires airport in Cascais which serves thousands of private jet flights annually.

Deliveries of their learjets will begin in October next year and will run at a rate of about one aircraft per month.

He also revealed that with the launch of the airline, it will show to the rest of Europe that Portugal is an excellent place in which to invest.

The Jet Republic further praised the ease with which the company was set up in Portugal, and the thousands of top applicants who applied for a job once posts were advertised here.

However, Jonathan Breeze was critical of the country in that it somehow manages to maintain a negative image of itself, and does not know how

to "manage or sell its image to the rest of the world."

"This is a mistake, as Portugal is a phenomenal country with incredible capabilities and just needs to show companies its positive sides. When foreign companies see the quality of the workforce and the infrastruc-

ture, I am certain many more investors will head to Portugal."

Jet Republic will be flying to more than a thousand European airports and estimates that around 30 to 40 percent of its customers will be British and Irish, with a further 20 to 25 percent being from Eastern Europe

and Russia.

The private plane market has grown significantly the past decade, with the number of flights growing 83 percent. Growth will continue the next ten years, with estimates pointing to figures as high as 25 percent.

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Algarve tourism chief to re-run



António Pina, head of the ERTA Algarve tourism board and former Faro Civil Governor, has this week confirmed his intentions to re-run for another mandate on the board, which was recently renamed from the existing RTA (Regional Tourism Board) to ERTA – Regional Entity for Algarve Tourism.

New elections will be taking place in the second half of October.

"I will be available to re-run in October", he said, acknowledging his confirmation is slightly tardy but was not expressed earlier due to health problems since overcome and that were first detected in April or May.

He vehemently denies taking his time in confirming his re-ap-

plication to assess competition. "I am a fighter but not a warrior", he said with irony, underlining his only intention is to "give Algarveans a voice".

Elections will take place during the newly-formed ERTA's first proper General-Assembly, which comprises a board of 32 members, mostly individuals involved in tourism and its respective economics.

During this first meeting the statutes of all ERTA members, which were initially published in *Diário de Notícias*, will be debated, the assembly having the power to alter statutes if necessary.

If re-elected, António Pina said he "would probably" keep the same team of committee executives, but has left a final decision for after the outcome.



Liliana Rodrigues with Jenny Grainer

Grand Variety Show



The Grand Night of Variety, held at the Auditório de Lagoa on 21st September, offered a guarantee of satisfaction – and lived up to it. This night of excellent entertainment was organised by Jenny Grainer in aid of the charity Castelo do Sonhos, and raised an amazing €3,610.70, a tremendous achievement by anyone's standards.

The night was hosted by Jenny Grainer and Ian Carfrae, and once the show was introduced and the audience reminded of why they were there, the inimitable Mr Carfrae delighted the audience with his easy, warm and witty style as Master of Ceremonies. Ian is a world class performer, and this shows in how he interacted with the audience and seamlessly led us from act to act, riding the inevitable blips of backstage arrangements with great humour and corny jokes – the audience loved him. Hard to say whether his high spot involved his hat with the tinnies sewn on, or his irreverent ditty about the love he has for his son, which had the audience in fits of laughter, and perhaps even one or two tears!

The acts this year did indeed give great variety. The Gwen Franco Ballet School provided dancing to an excellent standard, beautifully presented, and it wouldn't surprise me if there wasn't a future prima donna there amongst the very professional troupe – some charming and elegant performances. Dancing of a somewhat different yet equally entertaining nature came in the form of Oriental Fantasy, who shimmered their way seductively across the stage with wiggles that made one wonder where they come from.

For good humoured old fashioned entertainment of the kind which will (sadly?) always appeal to a largely British audience, Lisa and Henry led a polished performance of 'there's a hole in my bucket, a well timed and enjoyable rendition. Tim Gomez delighted his audience with *Juggling in the Twilight Zone*, working with fluorescent balls and Diablo on an unlit stage. His performance was rated as a hot favourite last year, and was warmly welcomed back this year, and didn't disappoint. His performance was modern, skilled and slick, a real pleasure.

We were simply spoiled with the array of musical talent. Sylvia Smeman gave excellent piano accompaniment to Bernhard Schlunder's satisfying and deeply resonating violin performance, as well as to Greg Morelli's haunting rendition on oboe. John Dalton made the harp sing its way on a journey through different traditions and musical styles. For the first time at the show we were treated to some blue grass music from Southern Man Band, whose energy and gentle manners ensured

that their music went down a treat.

The final act gave Ian Carfrae the opportunity to perform with Karen Love as the duet Class Act. Karen sashayed her way onto the stage and with a twinkle in her eye performed a mix of warm and foot tapping material – 'After You've Gone', 'Crazy' and 'Minnie the Moocher' – "hi dee hi dee hi dee hi" – while Ian shone as ever on clarinet and sax as only Ian can. Together, they really are a class act, and most people were left wanting more.

What else can I say? The audience bemoaned the lack of air con, but this really did seem to be a trifle when you consider that we were raising money for families and individuals some of whom can, literally, only dream of having a roof over their heads at all, let alone the luxury of air con. Castelo dos Sonhos does exactly what it promises, it tries to make dreams come true. Its President Liliana Rodrigues was delighted with the amount of money raised. The show is put together by artists of high repute giving their time for free, and it is an excellent achievement in every sense. Much work goes on behind the scenes, from stage management by Brian Pemberton, to the serving of the drinks, and tickets.

Already the organisers are thinking about next year, how to build on the success of their venture, and intend to provide a show with even more variety and to encourage an even wider audience.

Meanwhile, if you'd like to see more of Ian Carfrae, he will be presenting a one off intimate evening show in December in Lagoa – watch out for more information or contact Karen on info@thekeysolutions.com

New supermarket at Faro's Municipal Market



Auchan Group has just opened a new Pão de Açúcar supermarket in the basement of Faro's Municipal Market. Director of Pão de Açúcar Portugal believes it will bring great benefits to the market, attracting over 2,000 people a day to the establishment.

Rui de Carvalho said the supermarket will have a positive impact on the market: "It will bring 2,000 clients a day that would not come to this space in other circumstances and many of them will go to the already existing stalls, revitalizing the space."

At the moment, the market is only busy on Saturdays and during the rest of the week it is virtually empty.

It is the fifth shop of its kind in Portugal, the first to

open within a market, and occupies 1,500 m² of the basement of the building: "We are always learning and this new shop in the market will be an interesting exercise in the learning curve" said the Portuguese Director of Pão de Açúcar. Although he says it will bring business to the stalls, the supermarket has meat, fish and fresh fruit areas, all of which will compete with the stalls in the upstairs area of the market. Most of the people are happy with the new supermarket, although there are

always complaints, said Rui de Carvalho.

The shop will give jobs to 75 people, many of them immigrants, with a total of 5,000 hours of training. It is the second Auchan Group establishment in the Algarve, the other being Faro's Jumbo. Two new shops in Tavira and Olhão are expected for the near future.

In 2007, gross sales for the 20 Auchan Group shops in Portugal totalled €1.2 billion, a 7.2% growth compared to 2006.

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Cleaning up the coast



Every year, an environmental action takes place in the Algarve seas to clean up residues left by fishermen and beachgoers. Several volunteers take the time and effort to clean beaches and sea beds laid to waste by rubbish and abandoned fishing material. This year Albufeira was the chosen location.

Last Saturday, around thirty volunteers went to Albufeira, near Pescadores pier, to clean up the beach and sea bed.

The initiative, in line with the Project Aware appeal, gathered thirteen volunteer divers and around 20 volunteers on land. The operation on land filled 23 30-litre bin bags with bottles, cans and other rubbish whilst at sea over 100kg of fishing nets and 28 kg of fish traps were recovered. "Every year the quantity of garbage grows a bit and this year was no exception" said Cláudia Soares, owner of Indigo Divers, one of the four diving schools that

joined the clean up campaign. She says peoples mentality is changing though and Saul Cruz, skipper of one diving school's boat, agreed: "Nowadays, on boats, hardly anybody throws rubbish overboard and fishermen only leave their stuff because they cannot pull it back onto the boat."

Despite their objective of cleaning the sea beds, many traps stay just where they are as they have become one with the coral at the bottom of the sea: "It would be a shame to take them because they are an authentic life repository" said one of the volunteer divers.



Three dozen volunteers removed a total of 100kg of fishing net and 28kg of fishing traps from the bottom of the sea off the coast of Albufeira. The incentive was in line with the World Project Aware appeal. (Photo: Lusa/Virgílio Rodrigues)

Audi MedCup Circuit ends with splendid party



Terry Hutchinson, skipper of Quantum, cannot hide his excitement as he receives the 1st Place Overall trophy of the Audi MedCup 2008.



The Portugal Trophy – City of Portimão ended last weekend after a week of hard fought regattas. The prize giving ceremony took place at the purpose built enclosure at Portimão Marina and Quantum was the overall winner of the circuit, winning three out of the six stages this year.

North Americans Terry Hutchinson and his crew climbed the podium four times on Sunday, as Quantum won three out of the six stages this year (Cagliari, Mallorca and Portimão), taking the Portugal Trophy – City of Portimão prize, the Audi MedCup Circuit 2008 trophy and two more prizes awarded by Breitling.

Present at the ceremony were Portimão Mayor Manuel

da Luz, Tourism State Secretary Bernardo Trindade, National Defence and Sea Affairs State Secretary João Mira Gomes, President of the Board of João Lagos Sports João Lagos and administrator of Breitling Portugal, Adalberto Teixeira.

The MedCup will return to Portimão next year as its place has been guaranteed by organisers, good news for all TP 52 aficionados.

When it rains, it pours



Albufeira suffered its biggest flooding in forty years on Monday after two hours of intense rain caused an estimated €500,000 damage to almost 200 shopping establishments and bars located in Albufeira's downtown.

Monday morning was absolute chaos in Albufeira, especially at Cândido dos Reis Street, where water levels reached two metres in height in the basement of a shopping centre.

The downpour began at around 01h30 on Monday morning and although rain only fell for two hours, it was enough time to cause havoc in the city. Luís Alexandre, President of Commerce and

Services Board of Albufeira, blames the renovation work part of the Polis programme: "It is the fifth or sixth flood since the work began, and the biggest in recent years, proving once more the problems haven't been fixed as all the water runs into the centre of the city. Every time it rains with more intensity, coinciding with strong tides, it is more than certain we have a flooding downtown."

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Lunatic?

SIR, I was disappointed with Gilbert Wells' wimpy dismissal of me as a "lunatic" last week. I would have expected a more robust denunciation from the chair of Democrats Abroad Portugal. Still, Wells does confirm my hunch that they are running scared. Our V.P. pick, Sarah Palin, has stolen the show from their slick, arrugado eating, elitist presidential pick. But our biggest ally of all is their own Vice-Prez choice, Joe Biden. Because Obama's nice guy image is tarnished by his pro-abortion, even pro-infanticide, extremism, Irish Catholic Biden was recruited to sucker weak co-religionists into voting Democrat. But Bignmouth Biden, on MEET THE PRESS, goofed by saying that while life does indeed begin at conception, voting for abortion was okay. OOPS! That jolted the usually lethargic Catholic Bishops into banning him from Communion. Worried Obama people are now calling him "Joe the jinx". I love it. Folks, what will happen with the economy, Iraq, oil, whatever, is really anyone's guess. As for me, I'm voting McCain/Palin because they are authentic. McCain proved his himself when he put another prisoner of war ahead of himself. Palin proved herself when she opted to treat her special baby as a gift from God, not an insignificant "choice". I trust them. Chairman Wells trusts Obama/Biden. Now, who is the lunatic? Thank you, JAMES ROSS, Estoril

Not interested?

SIR, I believe that James Ross is probably correct in his assumption that most British people are not interested in the US elections, but I am sure that the same applies

to US citizens and their interest in UK politics. However, US politics have been thrust upon the British public by the media whether we are interested or not.

So Mr Ross feels that Sarah Palin is the best thing since sliced bread, but I have to question his enthusiasm and her suitability for the job. I read that she voted against sex education in schools - her 17 year old unmarried daughter is pregnant...

Mrs Palin was mayor of a small town in the most remote of the United States, and when I say small, at the time of her tenure it had a population of only 5469 (2000 census). She has been a senator for only 2 years, again for the most remote state, ranked 47 out of 50, with one of the smallest populations. I fail to see how these factors offer the gravitas and experience to become a world leader.

I quote from The Nation News of 21 September "The fact is, the Palin pick was always an act of political desperation, and an insult to the electorate. Yet, given the Republicans' bellicose bawling of 'sexism' at any journalist who inquired into Palin's Alaska record, it took the woman's own painfully undergraduate performance in her first ABC interview to dramatise her unsuitability. The spread in Palin's 'favourability' ratings went from plus 17 to minus four, a staggering 21-point drop in one week."

DAVID FRASER, by email

Poor America?

SIR, As a Brit who knows next to nothing about electoral practice in the States, I get the impression that the government elected will not necessarily be the one most beneficial for America and its peo-

ple but the one with the biggest campaign fund.

And there does not seem to be much choice in presidential candidates and running mates either. The Republicans have chosen the oldest ever contender, a septuagenarian who has been totally eclipsed by Sara Palin, his seemingly unfortunate choice of vice president. She is against abortion, including for victims of rape and incest and believes in the teaching of abstinence and birth control in schools - (much good that did for one of her daughters). She also wants creationism to be taught in schools, getting around the ban on the teaching of religion by pretending that it is a science rather than the religious doctrine that it actually is.

Democrats are being asked to vote for someone who not only ousted the very experienced Hillary Clinton but whom a large percentage of voters in the southern states may look upon as a more ambitious version of Martin Luther King. (Someone, incidentally, who may also face assassination if he looks like being too successful)

As an earlier correspondent wrote - poor America.

Ron Lavery. By e-mail.

Wrong TV

SIR, As a local resident enjoy your weekly News. However think you should check your UK TV listings week of 20th Sept to 26th Sept !!!

You have printed last weeks listings, am sure I saw FI GP from Monza last Sunday.

PETER W WALKER, Olhos de Agua

Naturally, we apologise to all our readers for this mistake - ED

IMTT

I noticed with some amusement this week that IMTT are sending out reminders to drivers in their 50s and 60s about applications for new driving licences. I wish I could send a reminder

to IMTT that more than 3 months have expired since I Matriculated and paid the import duty on my motor car and still do not have the new registration documents. On a weekly basis I visit the local Conservatoria to be told that the vehicle is "not yet on the system" and enquiries by my agent to IMTT direct have resulted in the response "we have been on holiday". I have personally visited the Faro office to no avail.

I am now in a position, having paid out a substantial cheque for Matriculation (cashed the same day), that not only can I not take the vehicle out of the country without the registration documents which I urgently wish to do to see relatives in the UK but that I am now driving technically illegally here as without said documentation I cannot pay the Road Tax at Financas. Should I be stopped in a roadside check I could end up with a fine for non-payment and although I could appeal against it I believe that this would be fruitless and I would still have to pay up.

Apart from obvious and now unhelpful statements like "sell your vehicle in the UK and buy again down here" does anybody out there have any practical advice as to what I can do?

For obvious reasons I do not wish my identity to be revealed as this could easily result in further delays if this is read by an English speaker sat at their desk with nothing better to do at IMTT.

NAME AND ADDRESS SUPPLIED

Martinair Disaster - Faro airport not to blame

A local friend has gotten interested in an airplane accident on our Faro Airport and gave me the commissions report and asked for my comments. It is so controversial that one cannot tell where common sense leaves off and politics or lack of understanding enters into it.

I had it in my hands for just a few minutes and knew what caused the death of 56 passengers and injuries to 284 and it was not what the commission determined. There seemed

to be a lack of pilot input to understand control manipulation for normal crosswinds landings. Because the commission didn't understand what the aircraft recorder was telling them, and in an attempt to be diplomatic to a foreign country, it appears they chose to blame the wind which had a variable cross wind component with only normal cloud activity turbulence.

It was one of the nicest ACCIDENT REPORTS I've ever read, and I've read many. The collection of pertinent facts were excellent in all departments. The Emergency Ground input was top-notch. Then it started to get interesting.

When they tried to analyze all of the data collected they were lead down the garden path by someone talking about the wind. I'll try to hold back my derogatory comments and only give you facts.

I read and reread the report many times, and then I flew the approach mentally many times. I think I understood the captain's attitude, on all points, all of the way down, even when Mr. First Officer kicked him in the head. Then the captains attempt to unscramble it all and knew he couldn't.

Let's set the scene: The Captain was a training and Check Pilot. All captains are teachers, some more so than others. As such you give Mr. First Officer all of the opportunities to learn, a bouncy approach is just one training exercise in which to become accomplished.

The CB activity is with us every day and is no big deal after a little practice. The Captain knew this. Never in this approach did I find a condition that was not flyable. Everything was within the captain's perimeters, so they continued towards the runway.

After a new pilot gets over his introductory period, a crew will generally trade off on Landings and Take Offs, especially if the Captain is a training captain. We all know that if a First Officer is to progress, every opportunity is made to give him operational controls to pick up pointers.

The Captain was being a good instructor pilot. Unfortunately he didn't realize how limited his First Officer was on cross wind landings. He could have picked that factor up during the landing discussions with the F.O. at 06:57:50. (In the recorder)

The F.O. when told by the captain how he would have to make a good contact to the runway, responded "You have to make it a positive touchdown then" as if it was the first time he heard the most important point in a cross wind landing. A cross wind landing is a precision maneuver, not to be taken lightly. With a strong wind it is more of a precision maneuver, than flying an ILS approach on instruments. The timing and judgment are VERY important, as you have seen. By practice a pilot is "Tuned" for this maneuver.

If the captain had realized truly how unprepared his F.O. was he would have continued to describe the need to be as close to the runway as possible before thinking of slowly removing, the all important, drift correction.

All was going as planned. The F.O. was making his way to the approach end of the runway, with in the CAPTAIN'S parameters. It was a bit rough and sloppy, as automatic aids will be, but he was getting there. He would arrive at the approach end of the runway in a more or less respectable manner. All he had to do was put it in the centre of the runway properly. The captains INS tells him his wind is 190 deg - 20 kts.

Then he got excited, pulled all

the power buttons off at 150 ft, not even 50 ft as for a normal landing and this was not a normal landing. The captain may have felt they had enough airspeed, in the pocket, to carry them down to the runway for the put on. Then when the F.O. started KICKING out the drift correction while still above 100 ft (in the recorder), not 6in or while just touching. If I was the captain, I would of Sh—Had a heart attack. His manner and altitude of removing the all important drift was disastrous. Instead of pressing the rudder gently until the nose is lined up on the centre line and counter acting with the right aileron, in order to keep the wing level, or at least down out of the cross wind. He kicked the left rudder hard, to the stop, 22.5deg, (in the recorder). By so doing he kicked the airplane clear out of the ball park. On taking the drift out you must immediately snap it on the ground or the wind will take you to Loulé, as it did.

The captain was so shocked, that the grabbed and pushed everything hoping to overcome the disaster staring him in the face. He had no airspeed left, because of the first mistake with power, (and no sky hook) so he just fell out of the sky while trying to scramble back to the centre line of the runway.

When you fall out of the sky, you hope there are some pieces to pick up. The runway recorder, of the wind, at that time was running 22 to 27 kts with a heading change of 10deg. Gusts were recorded to 32/35 giving a momentary speed change of 8/10 kts. Really quite normal with cloud activity.

I was not able to determine if there was anyone on the investigating board that understood the crosswind landing technique required for a 365,000lb airplane and matched it up with the controls as shown on the recorder. I would fly with this captain any time any where...

CAPT JEK (40,000HRS-COMMAND TIME)

Reply to John and Reg

SIR, I write to you about a letter in The Portugal News dated 13th Sept. from a John & Reg of Eastleigh in the UK.

I would like to say that with regard to the closure of the Vale do Lobo Bowling Club, unfortunately this was a matter outside the control of the club members. There are however a group of ex Vale do Lobo bowlers who have joined together to create a new club and are currently in negotiations with regard to the construction of a new green. We would welcome enquiries from anyone who feels they can give support to this venture. For further information they should contact Jeff Perry, email: triciaandjeff@yahoo.co.uk, or tel: (00 351) 289 999 003.

JAN MCGLYNN, By e-mail

SIR, I wish to respond to a letter from John & Reg, of Eastleigh (P.N. 13th Sept) regarding the closure of the Vale do Lobo Lawn Bowling Club.

It was extremely disappointing the way the VDL Management closed the Club with only one weeks notice to its members back in March.

Unfortunately their promise to provide another green within the resort has not materialised to date and I foresee little hope. This has left members with unrefunded subscriptions for last year (the season runs from Sept. to Sept.) and a feeling of resentment towards VDL.

Currently ex-members are looking at alternate sites and suggest John & Reg keep reading the P.N. for updates.

C. WILLIAMS, Tavira.

361 Portuguese for all

Na lição de hoje vamos estudar a diferença entre o *Pretérito Perfeito* e o *Pretérito Imperfeito do Indicativo*. Até à próxima lição, Emília Rosendo.

Today's lesson deals with two verb tenses in the past: '*Pretérito Perfeito do Indicativo*' and '*Pretérito Imperfeito do Indicativo*'.

❖ '*Pretérito Perfeito do Indicativo*' - the perfect tense - is used for isolated acts in the recent past where English often uses the Simple Past Tense. See the examples which follow.

Ontem eu comprei um livro.

I bought a book yesterday.

Eu escrevi o relatório há dois dias.

I wrote the report two days ago.

Ontem à noite eu ouvi música pop.

I listened to pop music yesterday evening.

❖ '*Pretérito Imperfeito do Indicativo*' - the imperfect tense - is used for telling a story/ an episode and also in the sense of 'used to' (a repeated/ habitual action in the past. See the examples which follow.

Eu comprava muitas revistas de moda.

I used to buy many fashion magazines.

Eu escrevia cartas aos meus amigos.

I used to write letters to my friends.

Antigamente eu ouvia música Jazz.

I used to listen to Jazz music a long time ago.

Exercise: Put in the *Pretérito Perfeito* or the *Pretérito Imperfeito do Indicativo* of the verbs in brackets.

1. O Pedro e o Rui são agora colecionadores de selos mas, antigamente, eles _____ (coleccionar) moedas antigas.

2. Quando nós _____ (morar) no campo, _____ (ter) uma vida muito mais tranquila. No ano passado os nossos pais _____ (vender) a nossa casa e _____ (comprar) um apartamento na cidade. Agora nós moramos numa rua muito barulhenta e movimentada.

3. A Ana só _____ (beber) dois cafés ontem durante todo o dia. Antigamente, quando ela _____ (trabalhar) à noite, _____ (beber) cerca de seis.

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Christmas with 'the round table'



Dream for a moment and imagine, it's December 25th, the log fire is crackling, an aroma of succulent turkey is drifting throughout the house, the children are squealing with excitement as they unwrap a mountain of presents, the Christmas tree is sparkling and beautiful under a blanket of tinsel and fairy lights and somewhere in the distance the all too familiar. 'Away in a Manger' fills the air, giving you that warm contented inner calm. Or is it the calm before the storm?

Time approaches to set the table for the annual feast, an easy task, or is it? Just who is going to sit by a relative or friend listening to the well versed stories of what it was like during the war days? Surely it won't be the same again this year. But you know full well it will never change. So after a long arduous period of shopping, preparing and cooking this wonderful meal for everyone, in order to keep the banter flowing and ensure all have a great meal, you position yourself for the next hours in the firing line, the only escape being the excuse of

getting the subsequent courses, then washing up. So much effort for one meal that you can't wait to be over!

But need it be like this? No, is the simple answer.

Dispose of that square or oblong table and take a leaf from King Arthur's book, he had the right idea with his "Round Table" where everyone could wine, dine and converse together.

So if you dream of a harmonious Christmas with family and friends, where your feast becomes a pleasure and the traditional afternoon card games become a winner, it is time to consult The Woodentops Carpentry Workshop in Almancil.

A bespoke round table large enough for King



Arthur's twelve members or scaled down to meet the size of your room, can be made in pine, oak, beech or a wood of your choice with the colour and finish to match with your existing chairs and furniture.

As everything at The Woodentops Carpentry Workshop is made for individual clients, you can start with a new table for Christmas then add to this over the coming years with matching units, sideboards or smaller matching coffee or occasional tables to fit any irregular nook or cranny in any shape or size.

Make a call today and discuss your requirements with Martin and have your dream table ready for the festive period. Call 289 396 909 or 966 001 922 today.



A blossoming future



When it comes to garden landscaping and maintenance, Jardimlândia are committed to meet each customers requirements with their team of experienced professionals. Traits such as quality and professionalism employed by Jardimlândia guarantee a happy client for every job, whether it being a private home or a huge enterprise.

Jardimlândia is a new company in the Landscaping business of the Algarve, therefore it is essential to create a good customer base and execute every job just as the client wants it in order to gain a good reputation.

The business has many services which include landscaping and maintenance of green areas, maintenance of pools, installation of watering systems and land clearing for public/private enterprises. Being a new company, clients can rest assured Jardimlândia's quality/price ratio is very competitive and the team of young and dynamic experienced professionals will build gardens to suit any taste or need. When building gardens, clients always have the choice of following their own project or follow a design suggested by the company landscaper, which will always take into account the climate, region and site. Once the job is completed, maintenance plans to keep the area healthy can be arranged, at the best market prices. The maintenance plans include lawn mowing and treatment, pruning of shrubs and trees, fertilizing, pest and disease control, etc.

With a growing concern over forest fires in Portugal,

Jardimlândia felt that many people could do with some land clearing on their property. Using the latest and most efficient equipment, small or large areas will be cleaned and cleared, ensuring all measures for fire prevention have been taken.

Another good reason for land clearing, besides fire prevention, the correct care of wasteland also contributes to a greater control of pests and diseases from taking over people's gardens.

As water supplies are getting scarcer, Jardimlândia prefers to employ good management of water resources in their watering systems. By using major brands

such as Rainbird, Nelson, Hunter and Toro, the initial cost might be slightly higher, but it is soon recovered through rational water management these systems employ. All watering equipment can be set up and repaired by the team of professionals.

Jardimlândia also offer pool maintenance, making sure the water quality in pools is at the highest standard at all times.

All of the company's services focus mainly in the Algarve area.

For more information, please call 289 813 510 (from 18h to 21h) or 969 096 727, or visit Jardimlândia's website: www.jardimlandia.com.pt.



Spend it wisely!



We are all finding it a little difficult financially at the moment and we're all starting to look at ways of stretching our funds to get best value for money. For those of you with rental properties now is the time when thoughts turn to cleaning up after the season, repairing any damage and maybe refreshing the property in preparation for next year.

If you haven't yet heard about House2House please spend a minute or two reading this short article because it could save you a significant amount of your valuable money.

House2House was started 3 years ago to help villa management companies furnishing rental properties by selling top quality second hand furniture and furnishings. It wasn't long before the general public, always on the lookout for bargains, discovered the business that is situated in Areiro between Loulé and Almancil. Since then the business has grown in leaps and bounds and now has two large and impressive showrooms, a web-site www.house2house.com, and a fast-growing reputation as the place to go for everything needed for the house or apartment.

House2House now works with a number of Interior Designers and other retail outlets selling their end-of-line and ex-display stock.

When most items are in 'as new' condition why pay high street prices? House2House sell all styles of furniture both indoor and outdoor, rugs, curtains, lamps, mirrors, kitchen appliances, TVs, music systems, crockery, cutlery, paintings, English books and knick-knacks! The showrooms are fascinating places to visit, whether you're on a mission for particular items or just seeking some inspiration. You never know

what you may find. Louise manages the shop with the help of Christine, Kevin and Terry and they will all be pleased to help you find just what you're looking for.

Louise says "The standard of stock on display at the moment is higher than it's ever been."

We have beautiful Chinese cabinets, lovely wooden chests, a wide selection of wall units and display cabinets, many sets of absolutely beautiful curtains, dining tables and chairs, sofa sets, suites and coffee tables.

The list goes on and on, and we have new stock arriving on a regular basis". As with any business of this nature, the very best items are sold very quickly, either to customers who are lucky enough to be in the shop when things first arrive, to clients who have left a

wish-list at the shop, or to people who keep a close eye on the website where photos, dimensions, descriptions and prices are kept up-to-date.

A deposit will reserve any items for a short while until they can be collected or until you're ready to accept delivery.

House2House with its 'High Quality - Low-Price' offerings has become the place to visit before you decide to spend hard earned money in high street shops. So, whether you call in to browse, to pick up a Phone-card or just for a chat, you will be made very welcome. So make sure that you spend your money wisely. You know it makes sense. For more information, call: (+351) 289 395 197, or see website: www.house2house.pt.



Moviarte Group sweeps the Algarve



Experience, dedication and competence are all words that describe the essence of the Moviarte Group, one of the biggest and most esteemed furnishing and interior decoration groups of southern Portugal.

Founded in March 1989, the group currently possesses five shops in three strategic areas of the Algarve: Faro, Olhão and Lagos. The 'mother' shop was inaugurated in 1992, at Largo S. Luis, in Faro.

Within seven years the company had expanded to three shops in Faro, with a total area of 950 m². Moderni, in Bela Mandil, Olhão, opened in 2000 and their final shop, Miloja, opened in Lagos in 2004. Thirty employees work in the five stores which have a total area of 4,650 m².

The company has taken top place by gathering a team of specialised decorators who accompany the client at no charge, providing customised answers to individual problems and developing a set up and post-sale service like no other.

Due to the great diversity of furniture, decoration and curtains, Moviarte can create environments to suit anyone's imagination, turning dreams into reality. Each establishment is filled with products of good quality and design, and also provide parking, free delivery (fast and in the whole



country), wedding lists and great credit opportunities. It also sells some of the best national and international brands and only displays products that are in line with the markets' tendencies. Besides furniture and domestic decoration, it also carries out work for schools, hospitals, hotels, shopping establishments, offices, public spaces, gardens and pools.

Moviarte's biggest market is in the south of Portugal, but has a client list that spreads all over Portugal (including islands), Portuguese speaking African countries

and Europe. Sixteen years experience has given the company a solid knowledge of the market and a sustainable future, which can be reflected by their commitment in offering a wide range of services and products that meet buyers' demands. They also mark their presence at many fairs, although at the moment plans are being carried out to open a new shop in Lank Park, Guia, another strategic point of the Algarve. For more information, call (+351) 282 780 820, or see their website: www.grupomoviar.te.com.

PROPERTY

A 12 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 27 Sep 2008

PROPERTY OF THE WEEK

Bring on the tremors...



Tough, durable and earthquake-proof, the light steel-frame house is becoming increasingly popular in Portugal.

Remember the story about the Three Little Pigs, and the third and final house – constructed from reassuringly solid bricks – that stood firm against everything the Big Bad Wolf threw at it? Well, that more or less sums up the mindset of most Portuguese home builders. If you want your house to last, they say, you can't go wrong with bricks. Quite right, too – but recent developments suggest there's another way.

Light steel-frame homes might be relatively new to the Algarve, but their ability to withstand the worst Nature has to offer is already legendary. The fact that they're highly effective in hurricane- and earthquake-prone regions may not be especially relevant to the local building industry, but it's reassuring news for anyone who might have doubts about their toughness or durability.

Everyone has a home-building horror story. Although details may vary, it usually features complaints about unreliable builders, sites that resemble war zones, schedules of laughable inaccuracy, and budgets better suited to oil sheiks. So you've changed your mind about the location of a window or the angle of a staircase? Well, you'd better be on very good terms with your bank manager.

According to industry insiders, light steel-frame (LSF) homes are fabricated with far more accuracy than can be achieved with bricks and mortar, so many of the hassles traditionally associated with home building are eliminated. Clever design software allows you to implement changes up to the last minute, automatically recalculating the measurements to accommodate your wishes.

This means you can reconfigure the building or introduce additional features – perhaps an extra

pair of patio doors – without boosting your builder's blood pressure, and perhaps more significant, without breaking the bank. Against that, once they hit the start button on the computer-driven steel roll former, you're committed.

Only five workers are required to erect and clad the frame, which brings down labour costs – generally a big-ticket item on the budget – quite dramatically. The surrounding area remains largely unmolested, which should make your neighbours happy. And it all happens very quickly: you can expect construction time to be cut by about one-third. Oh, and it all fits.

The team at Danecasa clearly have confidence in their products

and methods. All the frames are manufactured from high-tensile galvanized steel sheeting. First, the building plans are captured by steel-framing computer software. Next, the structural design is automatically configured and the exact detail for each individual section is determined – right down to where holes need to be punched for electrical conduits and plumbing.

Data is then sent to a computer-controlled rollformer, which profiles, cuts to length and punches each piece. As the sections of profiled steel are spat out of the rollformer, they are assembled into wall panels, roof trusses and floor joists.

All bolts, rivets and self-tapping screws used are specifically engineered to ensure structural integrity. From start to finish, with a full construction team in place, the frame can go from design phase to completion in about five days.

Once erected, the frame is clad externally with Oriented Strand Board (OSB), a structural panel engineered for uniformity and strength (it's manufactured from fast-growing trees that are processed into precise strands). The strands are mixed with wax and resins, formed into mats (oriented in cross-directional layers for increased strength), then compressed at high temperatures to form panels. Benefits include moisture and impact resistance as well as excellent thermal and acoustic isolation properties.

The external walls are clad with an insulated finishing system with an acrylic base coat and a polymer coated armoured mesh with coloured acrylic smooth finish.

Internal walls are clad with a dry wall finish with 12.5 mm. external grade moisture resistant silicon impregnated plasterboard. Insulation is then inserted into the wall cavities, reportedly achieving better thermal and acoustic performance than brick walls and making the structure extremely energy efficient.

When it comes to installing wiring and plumbing, nothing could



be easier. Because the frame has already been prepared, the plumbers and electricians can get to work as soon as everything has been bolted together. Plus, the structural accuracy of the frame means that installers don't have to waste time fiddling with cupboards to get them flush and level.

One caveat, though: for everything to work out right, the foundation measurements need to be perfect. Explains Daniel Cartwright of Danecasa: "When laying bricks, there's not much need for accuracy; to get everything level, all you need do is add some extra mortar. But because the steel frames are manufactured to tolerances of just half a millimetre, the measurements need to be exact."

In countries that are familiar with framed structures, the advantages of steel over wood are grasped immediately. But here at home, says Daniel, the going has been slow: "We're talking first-world building technology in a place that only trusts bricks and mortar."

However, that seems set to change, and growing numbers of home builders are embracing the concept of steel-frame designs.

The weight difference between LSF and brick homes is astonishing. Daniel elaborates: "One square metre of double brick wall weighs 500 kg, whereas a square metre of our walling tips the scale at just 50 kg." This means the foundations can be lighter, and hence cost less.

Two people can easily handle entire wall-panels, and vertical extensions to existing homes with single foundations is a non-issue. Says Daniel: "If you have a small



brick home and want to convert it to a double-storey, you simply take off your roof, add the walls, and replace the roof." More modest extensions are a piece of cake.

The weight difference – about 25 tons for a 100 m² brick house versus steel's 2.5 tons – also translates into significant savings in transportation costs.

If you're of the opinion that lightweight means flimsy, think again. Many of the homes left standing (with roofs intact) after Hurricane Katrina hit the southern United States were light steel-frame homes. Aggressive marine and industrial environmental tests have determined that the galvanised steel frame inside the building envelope should resist atmospheric corrosion for several hundred years.

It gets better. The structure can handle some foundation movement without cracking. Its frame won't warp, it's impervious to pests, and it cannot burn or rot. And

to keep everything in environmentally friendly perspective, here's an interesting snippet: to provide the material needed to frame your new 200 m² home, you'd need to come up with six scrapped cars. Sounds like a good deal to us.

Fermacell is produced using ordinary materials in an extraordinary way. Raw gypsum, cellulose fibres from recycled paper and water combined to form a homogeneous mass, which is then formed into a dense sheet material.

The manufacturing technique is not only unique because of the material it produces, but also due to the fact that the process itself is fully recycling. For more information or a free quote, contact Danecasa on: (+351) 289 571 270 or e-mail: info@danecasa.com. Alternatively, see website: www.danecasa.com, or visit the show-site, located next to Guia's 'Algarve Shopping' Centre, open Monday – Saturday, 09h00 – 19h00.



In fact, there's a lot going for today's steel-framed house: its design is highly adaptable and it requires about one-third less time to construct than a conventional brick building. If you're about to embark on a home-building exercise, now's the time to do some homework, examine the options and ask a few pertinent – and impertinent – questions.

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Neighbourhood Moncarapacho
Situating 10 mins. drive from Moncarapacho this property consists of a charming villa built in 2003 and enlarged in 2006, with atelier, central heating and outline permission for a swimming pool (42 m2) surrounded by 5.300 m2 of land (3.800 m2 of which are fenced) with lovely seaviews.
EA 040 VMON - € 285.000



Duplex - Cabanas / Tavira
Interesting 2 bedroom, 2 bathroom Duplex w/ stunning views of Cabanas' lagoon & beach. Apartment part of a very attractive holiday complex w/ access to 2 outdoor & 1 indoor sw. pool and is situated within walking distance to Cabanas lagoon/ beach. This duplex has the possibility of being 2 one bedroom apartments.
EA 015 DCAB - € 255.000



Villa Neighbourhood Altura
3 to 5 bedroom semi-detached villa, with garage and swimming pool, on a plot of 308 m2, conveniently situated 1 km north of Altura with its large variety of pubs, restaurants and shopping possibilities and 2 kms to the long sandy beach of Altura.
EA 070 VALT - € 298.000



House Tavira
Typical old 1 bedroom, 2 bathroom house, with mezzanine (ideal to be another bedroom), recently renovated in very good quality and taste, in the heart of the historic centre of Tavira with small closed-in patio. Total area of 59.26 m2m2.
EA 071 HTAV - € 199.800



Neighbourhood S. Estevão
Charming 2 bedroom renovated cottage, w/ various outhouses, situated approx. 2 kms from S. Estevão in the countryside & 6 kms from Tavira, surrounded by 2.800 m2 of relatively flat land. This interesting property has brilliant potential.
EA 072 - CSEST - € 180.000

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• Cott. 300m2 plot 1000m2
Ref. C1155
Price: € 495.000



Fuzeta (Tavira-Olhão)
• Traditional 2-bed cottage
• Plus 1-bed guest cottage
• Right on the shoreline
• Fantastic views to islands
• Roof terr., small garden
• Cott. 100m2 plot 150m2
Ref. C1156
Price: € 350.000



São Brás de Alportel
• Beautiful spacious villa
• Lovely country views
• 6 bedrooms 4 bathrooms
• Pool, BBQ, dining terrace
• C/heating, prep for air-co
• Villa 330m2 plot 6723m2
Ref. V847
Price Reduced: € 795.000



Loulé
• Beautiful spacious villa
• Lovely views to coast
• 4 bedrooms 4 bathrooms
• Pool 10m x 5m, BBQ
• C/heating, air-co, solar
• Villa 500m2 plot 2100m2
Ref. V1048
Price: € 1.200.000



Moncarapacho
• Superb modern villa
• Spectacular coast views
• 3 bedrooms 2 bathrooms
• Under-floor c/heating
• Pool & landscaped garden
• Villa 300m2 plot 20000m2
Ref. V1136
Price: € 2.365.000

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Vilamoura
Attractive one bedroom apartment located near the Golf Course, composed of two bedrooms, lounge, equipped kitchen and terraces. Storage and parking space in the basement. Communal swimming pool and garden area.
Ref: A1258 Price: € 235,000



Vale do Lobo
Beautiful apartment composed of two bedrooms (one en suite), two bathrooms, lounge, equipped kitchenette and terrace. Construction area - 94 sq.m.
Ref: A1266 Price: € 312,700



Loulé
Villa composed of 3 bedrooms, 3 bathrooms, lounge w/fireplace, dining room, equipped kitchen, storages and various terraces. Roof terrace with sea view, wine cellar and garage. Swimming pool & garden. Plot area: 577 sq.m. Constr. area: 170sqm.
Ref: V12581 Price: € 375,000



Vilamoura
Attractive villa composed of 3 bedrooms, 2 bathrooms, lounge w/ dining area, equipped kitchen, storages and carport. Swimming pool and garden. Roof terrace. Furnished. Plot area: 423 sq.m. Construction area: 140sqm. Very good value.
Ref: V12566 Price: € 430,000



Vilamoura
Excellent & spacious villa composed of 6 bedrooms, 7 bathrooms, lounge, dining room, cinema room, equipped kitchen, storages & terraces. Gymnasium, studio in basement, garage. Heated sw.pool, garden. Plot area: 1.970 sq.m. Constr. area: 600sqm.
Ref: V12582 Price: € 2,450,000

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Vilamoura
3 Bedroom apartment on a beautiful complex with additional room for games or 4th Bedroom. The apartment has a large private garden of 124m2, woodburning fireplace & pre-installation for air conditioning.
Price: € 275,000



Vilamoura
Stunning 6 Bedroom / 5 Bathroom 'Fully Furnished' detached villa situated in a quiet area of Vilamoura offering 2 lounge areas and a large swimming pool surrounded by sub-tropical gardens.
Price: € 1,095,000 **Offshore



Vilamoura
2 Bedroom 'fully furnished' ground floor apartment located at the Old Village in Vilamoura. This lovely apartment with sunny south-facing patio is an ideal holiday home or rental investment.
Price: € 225,000



Vilamoura
2 Bedroom 'Fully Furnished' renovated apartment overlooking the communal swimming pool with café/snack bar. This apartment is within 10 minutes walk of the tennis centre or 15 minutes to the marina.
Price: € 175,000



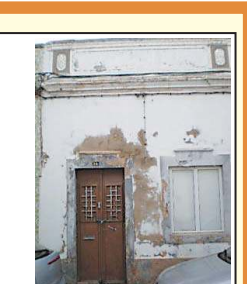
Vilamoura
3 Bedroom detached villa with large private swimming pool on a nice size plot south-facing of approximately 1000m2. This villa is in need of renovation but has huge potential and located in a peaceful setting.
Price: € 425,000 **off-shore

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Olhão
Charming traditional townhouse beautifully refurbished in the heart of Olhão, only a step away from the marina, marketplaces, and all amenities.
Ref: MG-LNRLFP-OL
Price: € 125.000,00

Olhão
Traditional townhouse ruin to refurbish or rebuild with project for additional 1st and 2nd floor. Located in the 'old city' close to all amenities.
Ref: MG-MLLIS-OLI
Price: € 140.000,00



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Vilamoura: 289 301 294



Fonte Santa - Cacela
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Ref: LHT-853 Price: € 199.000



Moncarapacho
Spacious, modern, open plan 5 bed villa in immaculate condition with swimming pool and landscaped garden situated in an up-market residential area. Construction size approx: 480 incl. basement with garage, plot 1377m2, built in 2006.
Ref: LHV-927 Price: € 640.000

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Moncarapacho
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VILAMOURA
Ref. V82199
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Price: € 549.000,00



CARVOEIRO
Ref. T82275
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Price: € 498.000,00



VILAMOURA
Ref. A82158
As new 2 bedroom apartment excellently located within walking distance to Marina & Falesia beach. Closed complex w/ communal garden & pool. Constr. area: 100 sq.m. Excellent finishes. Fully furnished & equipped. A/c. Underground parking space for 1 car & 1 storage in basement. Large south facing terrace overlooking garden and pool area. Excellent letting potential.

Price: € 255.000,00



PADERNE
Ref. V71938
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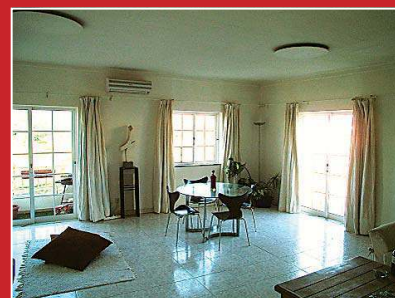
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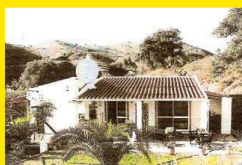
Pestana Golf & Resort

Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw.pool. 24-hour security. Central heating. Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished.
Ref. V-327 Price: € 275,000



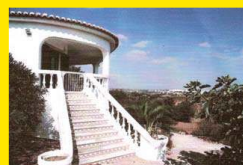
Centianes / Carvoeiro

Spacious 4 bedroom villa w/ seaview, close to Centianes beach. Comfortable lounge, dining area, fully equipped kitchen, double bedrooms w/shower/bath en suite, garage, mature garden, sw. pool w/ sun terrace. Ready to move in!
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Salicos

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Ref. V-349 Price: € 445,000



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- **MONCHIQUE, S23**, detached villa with 3 bedrooms and 2 bathrooms. **UNDER OFFER** €550,000.
- **CARVOEIRO, S258**, detached villa with 3 bedrooms on two floors, excellent equipment and insulation, central heating, pool, 270m² living area. **GREAT OPPORTUNITY, TOP PRICE €595,000.**
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Courgettes

I used to think that courgettes were bland, tasteless watery veg until I stopped overcooking them, brushed them with olive oil and seasoning and bunged them on the barbecue. Sliced diagonally they do really well on the barbecue or griddle. Alternatively, slice them lengthways, make a ridge all the way down the middle and stuff them with fresh tomatoes, garlic and olive oil before sticking them in the oven for 20 minutes.

Courgettes are also really easy to grow, although you should give yourself plenty of room as the yellow flowers are enormous and the plants themselves can take up a fair bit of space on your plot. If you are limited, grow just one in a large pot and it should produce a good number of courgettes.

They thrive in hot summers in full sun and should be sown from April until June and harvested from the middle of summer until the first frosts.

Courgettes need fertile, moist soil and it's beneficial to add plenty of organic matter to the soil before you start. Seeds should be sown individually in small pots indoors and then hardened off and planted when they have two or three leaves. Leave it later to sow outdoors and sow two seeds per station, thinning out to one seedling when possible.

Never let them dry out and feed them regularly with a liquid fertiliser when the fruit starts to form.

Courgettes are best when picked young and thin. Slice them off using a kitchen knife rather than tugging at them. Good varieties include Venus, a compact plant producing bumper crops of dark green courgettes, and Black Forest, a climbing cultivar good for training over trellis.

Best of the bunch - Hydrangea

For some years these late-flowering shrubs have had a rather dated, old-fashioned image, but having just returned from Brittany, which was awash with them, I think it's time for a revival. In fact, hydrangeas, are a valuable addition to the late summer border when most other shrubs are fading. Their big globes of flowers in shades of blue, pink and white, can cover almost the whole bush and they can even be grown successfully as hedging plants if you have enough space.

The most popular types are the mopheads, also known as hortensias, which grow to around 1.5m and

produce the round flowers. I also like the more delicate-looking lacecaps which have flat flower-heads with large outer flowers and much smaller ones in the middle. If



you want blue flowers the plants will need acid soil, although you can buy blueing powder from garden centres.

Hydrangeas are most happy in rich soil in light shade and they

like plenty of water. There is also some winter interest from their faded flowerheads, which shouldn't be cut off until March, protecting new growth from harsh frosts.

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Turf's up



With the end of summer and the rains arriving shortly, if you have been thinking of laying a new lawn, now is an ideal time to plan and do it, when the ground is warm and moist.

First you need to prepare the ground by digging over the site, making sure drainage is adequate, clearing the soil of stones, flattening out any bumps and blemishes and then hoe regularly to stop weeds emerging.

You should also feed the plot with a general lawn fertiliser and lightly rake it into the surface a week before turfing.

The key with turves is to make sure you buy good quality ones. Look at a sample first and buy from a specialist turf grower, not from a supplier who cuts a field and digs it up.

Most specialist suppliers have websites which give useful information on choosing the right turf, ordering the right amount and laying it correctly. Always buy a little more than you need to allow for trimming.

Turves come in different sizes but are usually ordered by the square metre. Standard strips measuring around 100cm x 30cm (3ft x 1ft) will be rolled up when

delivered to you. If you choose larger turves you will need to hire equipment to help you lay them, which should be available from your supplier.

You need to lay the turf as soon as possible after delivery because it will deteriorate quite quickly. If you leave it more than three days you should spread out the turves in a shady spot to allow air and light to reach the grass and water them if necessary.

Without walking on the prepared ground, start laying the turf with a single row along the furthest edge. If you have a straight border lay a row along that first, butting the short sides up together but don't stretch or bend them.

Flatten each row with a plank of wood or pat gently with a rake head to ensure the turf makes contact with the soil beneath. When you lay your second row, stagger the joints, as you would in brickwork.

If you have a curved edge,

don't try and bend the turves round to fit, lay them straight and then trim off the excess later with a half moon edging iron or kitchen knife, so that the lawn edge follows the shape of your bed.

As you are laying the turves, never stand on the newly-laid turf or the unturfed plot - stand on a plank. If you are moving the turves across a turfed area in a wheelbarrow, make sure you don't overload the wheelbarrow. Use a plank to stop getting ridges in your newly-laid lawn.

Water the new lawn thoroughly for the first few weeks to help establish it if you don't have enough rain to do the job for you.

Within a short period of time you will have a wonderful new lawn, even though it may have come at a price. It's around 10-times more expensive than grass seed. But if you want instant results it's a perfect quick fix. And when you have achieved that perfect lawn you will want it to look its best:-



Lawn turf is around 10-times more expensive than grass seed.



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2. Always mow at right an-

gles to the line of the previous mow to help control weed grasses.

3. Avoid mowing when cold winds are blowing because the

leaf tips may be wind-scorched. Don't mow wet grass, as this will clog the machine and make the job much harder.

Hannah Stephenson

Top tips Pruning apples and pears

If you pruned your apple and pear trees in winter to control their size and shape, do it again now to encourage the development of fruiting spurs along the branches.

The flowers that will open

next spring start emerging within buds this summer. Shorten all side shoots to just five leaves, or about 15cm (6in) from their base. Trim any shoots developing from these back to just one leaf or about 2.5cm (1in). This

is particularly relevant if you are growing cordons, espaliers and fans, as it helps keep their shape.

Leave shoot tips unpruned to increase the framework of the tree.

Best of the bunch



Regal Lily (*Lilium regale*)

This is among the easiest of lilies to grow and a surefire winner, with its majestic white trumpet flowers flushed with pink which appear in June and July, and delicious scent which can fill a patio. Each stem carries up to 25 blooms which can be cut for indoor display. It likes full sun and will grow up to around 150cm (5ft), depending on the richness of your soil, and is happy in pots as a wonderfully fragrant architectural plant (which will need staking), or in borders. Ideally, plant bulbs in the autumn in well-drained, light, sandy soil, although they can also be planted in spring. Deadhead the faded blooms and cut the stems back to ground level at the end of autumn.

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Start off in style

Planet Friendly nursery featured in Children's Rooms by Andrea Mafin, published by CICO Books.

Forget a cartoon mural and a lick of paint in pink or blue - today's kids are becoming as design savvy as their parents. Check out the trends and styles for smart kids rooms.

New parents always want to give their baby the red carpet treatment when it arrives in the world and that means preparing a beautiful nursery.

But design savvy parents are turning away from the tried-and-tested formula of pastel colours and garishly coloured murals or predictable bunnies and teddies.

These days that nursery is likely to be a stylish sanctuary that echoes the good looks of the rest of their home.

"Quite right too," says Andrea Mafin, an interior designer whose new book, Children's Rooms, is packed with inspiring ideas for creating imaginative, practical rooms for little ones.

"Remember that just because this is a room for a child it doesn't necessarily have to be traditionally childish," she says.

"You don't have to sacrifice your own taste and design ideas if you don't want to - there's no reason why this room shouldn't be decoratively as much part of your home as any other room.

"That way you will enjoy spending time in it - especially as for the first couple of years it will be a room where long hours are spent day and night! So, it needs to be comfortable, relaxing."

All you need is a little know-how, some imagination and not too much money to create a room that will grow with your child, and won't need expensive re-decoration too often.

Rob Chambers, commercial manager for furniture at Mamas & Papas, also recognises that parents want to harmonise the look of their child's room with the other living spaces, so good design flows through the entire home.

"Many families are keen to create an individual, more eclectic feel in their children's bedroom or nursery these days and they also want furniture that will last beyond their children's nursery years," he says.

"Oak is a popular wood finish and we are also seeing more interest in the crisp, clean look

of white furniture, which reflects interior trends in other parts of the home."

Follow our guide to creating a perfect room for your child.

Gabrielle Fagan

A timeless room, that won't date as featured in Children's Rooms by Andrea Mafin, published by CICO Books (Photos: Press Association)

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Easy as abc

Proper planning and preparation is the key to success for a perfect room.

"You can't do too much of this," Andrea says.

"Start early and by the time the baby arrives you will have a room ready to welcome your newborn into the world."

First, measure the room and do an accurate scale drawing of the space. Then draw in, to scale, any pieces of furniture that you already have which will make choosing any new pieces easier as you'll know how much room you have for them, and are less likely to make mistakes.

A durable but inexpensive carpet is essential as it will inevitably get stained and need replacing after a few years.

A cot/bed will have a longer life than just a cot. Position it so it's not in direct sunlight or next to a heater.

Ample storage is another must - if there's little floor space consider wall hooks and shelves.

Ensure windows can be blacked out for day-time naps. Black-out blinds plus lined curtains are a practical and stylish solution.

Have two sorts of light - a bright overhead light and a low-level light to use at night. Consider a table lamp fitted with a low-wattage bulb, or a dimmer switch on an overhead light.

Alternatively, fairy lights fixed securely along a picture rail are a pretty way of providing a soft light.

"If the room is for an older child, talk to him or her about it," Andrea says.

"Children often have surprisingly strong opinions and it's a good plan to take them into account."

If choosing a motif opt for a classic one - maybe a spaceship and spaceman or cowboy - rather than a cartoon character which may quickly fall out of favour.

Planet-friendly nursery

If you follow eco-friendly principles in the rest of your home you'll also want a nursery or child's room to be planet-friendly as well as child-friendly.

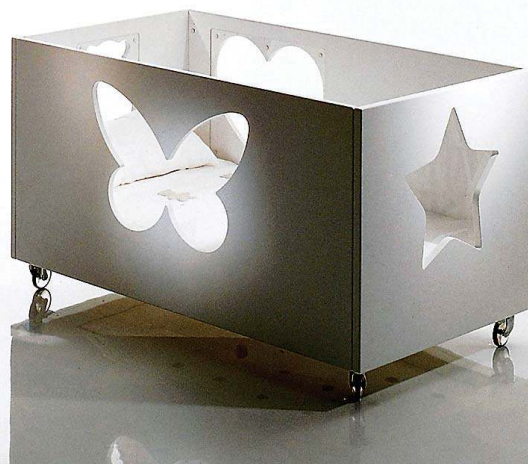
"There are ways of contributing to the green movement by good design so your room is both beautiful and ecologically sound," Andrea says.

"Choose colours that aren't too babyish, so that the room won't date, and create a nursery atmosphere with well chosen accessories."

Companies such as Earthborn and Ecos Paints specialise in eco-friendly paints. Remember that if you repaint a nursery you should complete it a month before the baby is due so that any paint odours have time to evaporate.

You can refurbish old pieces of furniture, but if buying new look for pieces made from sustainable sources. There are baby mattresses available made from natural, organic materials that are non-allergenic, chemical-free and fire retardant. Bamboo and organic cotton are worth considering for bedding.

A new book, *Designed For Kids* is a guide to stylish products for babies and children and highlights eco-friendly choices.

Top looks for junior

Lettino Stella cot from bobo kids. For more information contact bobo kids, 29 Elystan Street, London, SW3 3NT. Email: www.bobokids.net

Timeless nursery

A calm nursery doesn't have to be dull. Use light colours and reflective surfaces, with accents of stronger pastel colours introduced through accessories.

"This will result in a practical but relaxing room that can easily be adapted as your child grows,

and one that you'll also enjoy spending time in," Andrea says.

Consider white or cream, or perhaps a soft green or blue for woodwork. Wallpaper's in vogue and there's a host of imaginative ranges to choose from in stores such as B&Q, or Laura Ashley.

An abstract print featuring geometric shapes or florals or one enlivened by fashionable metallic touches for light-catching shimmer could be ideal.

Use paper on one feature wall, and use a complementary paint shade for the other walls. Tie the whole scheme together by brightening the plain doors of a wardrobe with same wallpaper.

Don't hide pretty clothes or toys away in wardrobes and cupboards, instead display them to add personality and colour.

High street stores such as Laura Ashley, the White Company and Next have beautiful ranges of co-ordinating bedding and curtains and accessories for both boys and girls.

Check out some of the new trend-conscious companies who offer distinctive ranges for babies and children such as www.bobokids.net and www.aspacebaby.co.uk.

Vintage style

This style is fashionable for adults and works brilliantly in a child's room because it's a way of creating a unique decorative scheme, full of personality and

colour at minimum cost. Plus, it's suitable for both boys and girls.

"If, like so many creative people, you're a hoarder of fabrics, papers and objets trouvés, then you probably already have all the materials you need to theme a vintage room," Andrea says.

"If not, hunt through secondhand shops, visit auctions and jumble sales to build up a treasure trove of lovely things. This decorative style allows you to combine and contrast all sorts of patterns and colours in the knowledge that you are adding to the final effect."

Do follow a few rules. Choose items from the same era and feature at least some of the same colours to stop the room looking too chaotic.

Revamp secondhand furniture with a fresh coat of paint, and embellish with images cut from greetings cards, wrapping paper or magazines. Seal with a couple of coats of varnish (allow to dry between coats).

Spell out a child's name by cutting out letter shapes from scraps of vintage fabrics, or from outgrown favourite clothes, and appliqueing them to cushion covers.

Create a colourful mural by cutting shapes and designs from old fabrics or wallpapers and pasting them on a wall.

Fairy grotto

Most little girls love fairies and by using this as a theme you can easily create a magical room.

"For many mothers this room won't just be an indulgence for their daughter - it will be a dream come true for them, too," Andrea says.

Use white paint for the walls and ceiling and if you wish add touches of pink to details such as cupboard handles, trims on chairs or the rim of a table.

The White Company has an excellent range of white painted furniture. Source a fabric featuring fairies - Jane Churchill has a charming one, and use it to make a simple bedspread and possibly a decorative bedhead. A pink and white gingham fabric is a classic which would team well with this look.

Alternatively, simply buy fairy themed bedding sets from high street stores such as John Lewis.

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Farewell Mbeki

Mbeki's humiliation has been very great. First the governing African National Congress (ANC) refused to re-elect him as its leader last year, which dashed his hopes of winning a third term in next year's election. But he would still have remained president until early 2009 — until last weekend, when the ANC leadership, convinced that Mbeki was using the courts to pursue a private vendetta against his rival Jacob Zuma, ordered him to resign early.

Mbeki's immediate replacement as president is Kgalema Motlanthe, deputy leader of the ANC, but Zuma is universally expected to be elected president of South Africa in the election due early next year.

Mbeki's fall from grace has been spectacular but hardly surprising. He was Nelson Mandela's chosen successor, but his style was very different: aloof, intellectual — and endlessly scheming against real and imagined rivals: the upper ranks of the ANC are full of men and women who have been sidelined or betrayed by Mbeki. He also didn't pay much attention to the opinions of the broader public, particularly in two areas that are vital for South Africa: curbing the AIDS epidemic, and creating jobs for the black poor.

His stubborn denial that AIDS is transmitted by the HIV virus delayed the state-aided provision of retrovirals to HIV-positive patients for years, and was indirectly responsible for the deaths of thousands of South Africans. His neo-liberal economic policies gave the country a relatively high growth rate (5 percent last year), but created very few new jobs. Some people respected Mbeki, but nobody loved him.

What ultimately brought Mbeki down was his feud with Jacob Zuma, which was a self-inflicted wound. Zuma is the antithesis of Mbeki — he's a left-leaning populist with little formal education and a record of financial and sexual indiscretions — so it's natural that the two men should

dislike and mistrust each other. But the party had forced Mbeki to accept Zuma as his vice-president, and a wiser politician than Mbeki would have gone along with that typical ANC compromise.

Mbeki didn't, and he seized the opportunity of a corruption charge against Zuma in 2005 to dismiss the latter from the vice-presidency. It was an error that finally brought Mbeki down, for it made Zuma the rallying point for all the elements in the party that could not stand either Mbeki's policies or his personality.

Even Zuma's allies suspect that there was something to the corruption charges, for his close associate Schabir Shaik is already in the third year of a fifteen-year prison sentence for his actions in the same case. But the government's case against Zuma depended on documents seized in a raid on his home and office for which the search warrants may have been invalid, and several judges have dismissed the case on legal technicalities connected with that issue.

Every time, the government prosecutors reinstated the charges or appealed the judgement, and to many Zuma supporters within the ANC it began to look like Mbeki's private vendetta against their man. Two weeks ago the Constitutional Court dismissed the case against Zuma on the same technicality, and Judge Chris Nicholson openly voiced his suspicion that it was pressure from Mbeki that was keeping it alive.

When government prosecutors appealed the case yet again, the party's patience with Mbeki snapped, and within days he was gone. So now Jacob Zuma, who is, to put it bluntly, much closer to the popular stereotype of an African politician than either Mandela or Mbeki, is coming to power in South Africa.

Helen Zille, leader of the main opposition party, the Democratic Alliance, told the BBC that Jacob Zuma is "the leader of a rabble out to grab the spoils of state for their own interests," and that is certainly the fear of many people in South Africa and elsewhere. If it is true, then the country will now go down the same path of steep political and economic decline that destroyed so many other African countries. But maybe it won't.

Zuma is flamboyant, probably corrupt, and certainly ignorant. In a recent trial in which he was accused of raping a house-guest, the daughter of a family friend, who he knew was HIV-positive, his defence was a) she was asking for it, because she was wearing a short traditional wrap-around, b) it was against his Zulu culture to turn down a woman, and c) he didn't use a condom, but took a shower afterwards to protect himself against HIV infection.

But corruption is nothing

It was widely believed of South Africa's outgoing president, Thabo Mbeki, that the only time when he wasn't plotting was when he was asleep. More than his bizarre views on AIDS or even his failure to do much for South Africa's poor, it was that reputation as an inveterate plotter that finally brought him down.



South Africa's ruling African National Congress (ANC) president Jacob Zuma (L) addresses a press conference with his deputy Kgalema Motlanthe (R) in Johannesburg, South Africa, 22 September 2008. Zuma hinted that Motlanthe could become the country's acting president, but stopped short of confirming this while confirming that the ANC candidates would be announced in Parliament 'at an appropriate moment'. South African President Thabo Mbeki resigned as Head of State 21 September after the ANC's National Executive Committee decided 20 September to recall him before completing his term of office, after a high court judge stated that there was political interference in Zuma's corruption trial. (Photo: Lusa/EPA/Jon Hrusa)

new in South Africa (it was rife under the apartheid regime) and neither is populism.

The country has a free press, independent courts, a modern economy, and a good deal of

political sophistication. The left had to get a turn in power some time, and there is some

reason to hope that Zuma's worst instincts will be curbed by his allies.

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Gwynne Dyer.

Gwynne Dyer is a London based independent journalist whose articles are published in 45 countries.

His new book, "After Iraq", has just been published in London by Yale University Press.



A mother helping her child learn to read. (Photos: Press Association)

Three ways to...

help a child learn to read

1. If your child mispronounces a word, don't interrupt immediately, and instead give him the chance to correct himself.
2. It's better to help a child with some unknown words to maintain the flow, rather than trying to build them all up from the sounds of the letters.
3. If your child says something nearly right, don't say it's wrong, but suggest you read it together, and point to the words as you say them.

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Children learn by building up ideas, developing orientation skills and, in particular, by making mistakes and starting all over again.

Ask the expert

Q: "What's the new code of conduct for parents at children's rugby matches, and why was it introduced?"

A: His Honour Judge Jeff Blackett, the Rugby Football Union (RFU) disciplinary officer, says: "The RFU has introduced a new code of conduct for parents along with resources for our clubs in the form of 'Dos and Don'ts' cards and posters highlighting the disciplinary sanctions that could be taken against individuals."

"After England's World Cup victory in 2003 there was a boom in the number of young players coming into the game, many of whose families hadn't been involved in rugby before, and there is a perception that some were not aware of the standards of behaviour we expect."

"Since then a number of incidents of aggressive and abusive behaviour towards officials, players and other spectators have been brought to our attention and our clubs wanted direction about how to deal with these issues, to nip this behaviour in the bud."

"Our code of conduct asks that parents show courtesy and respect for officials and players, encourage with their support, applaud good play, remember that winning isn't everything and enthusiastically promote children's enjoyment of the game."

"We are very clear about what is not acceptable: abuse of officials, players and other spectators; using bad language; threatening, intimidating or physically aggressive behaviour; and straying onto the pitch at any time."

News for parents

The family way

Lisa Salmon looks at the weird, wonderful and sometimes weary world of parenting.

Children born extremely prematurely are four times more likely to have emotional problems or behavioural disorders later in life than their peers, according to a new study.

University of Warwick research into 200 six-year-olds born below 26 weeks showed 30.6% were hyperactive - compared to 8.8% of a "control" group of their peers - and 33.3% displayed atten-

tion problems, compared to 6.8% of their contemporaries.

But their parents must still feel lucky that such premature babies lived, however badly they misbehave.



A hyperactive child.

A large majority of voters think the UK Government should do more to help parents stay at home with their children in the crucial three years after their birth, according to a poll.

The Centre for Social Justice poll found that 70% of voters believe parents are encouraged to put their children into day-care and return to work too soon.

An overwhelming 88% of parents said more should be done to help parents who want to stay at home while their children are babies and toddlers,

and 81% said financial pressures were the main reason why they or their partner returned to work after children were born.

More cash for parents of young children would be nice - as would an extra pair of hands.

Children are losing interest in science as they progress through school, new research suggests.

A Shell UK poll of 4,000 children aged nine to 14 found that youngsters find the subject less inspiring and relevant to their lives as they move from primary to secondary school.

While 47% of nine-year-olds said they enjoy science because they can use the things

they learn in everyday life, this drops to 38% among 12-year-olds and 34% among 14-year-olds.

Of course science gets a lot harder as children progress through school - that may well be another reason for the loss of interest.

When is my child ready... to start dating?

In a recent survey, the majority of parents said the optimum age for children to start dating was 16. However, the average age that British children are having their first experience of 'going out' with someone is 14, although 5% of parents said their children had gone out with people before they were 10. In contrast, the average 40-year-old today had their first date at 16.



A boy and a girl lying on the grass together.

Website of the Week:

planet-science.com

The NESTA (National Endowment for Science, Technology and the Arts) Planet Science website aims to engage children in the wonder of science by helping parents inspire them. Sections include Get Outside!, with animated content and activity sheets to encourage parents and kids to get out, Science Party menus, an under 11s Hay-Wire section which includes Mini-Innovators for budding inventors, and the Randomised section for over 11s, including science news, online games and interactive material.



Year 10 science lesson underway at Soham Village College in Soham, Cambridgeshire.

Readers Tip

If you work from home, set up a desk nearby for your child with some plasticine, pens and paper and an old phone. They'll love the role play and you'll get some work done.

What a weekend!



It rained, it shone, it blew, it brightened, but the flow of people sauntering round the International Algarve Fair was steady and constant, taking their time to soak up the medley of sights and sounds on offer. Raindrops did nothing to deter happy visitors, who came in their thousands to enjoy quality time at yet another successful September show.



Cristina Afonso entertained the visitors on Sunday afternoon with her own special brand of jazz



There were many restaurants for visitors to choose from and a variety of cuisine from various countries.



Fireman Gabriel Travassos with Jan Zegers as he presents breathing apparatus to Lagoa Fire Department bought with funds raised by the Prograve Golf Tournament.

This year visitors were introduced to the Fair's first-ever wine festival, which lined the walkway to the main pavilion and offered a taste of new and upcoming wines, promoting one of Portugal's most successful produces.

As the crowds wandered along, clowns on stilts and other magnificent entertainers mingled amongst them, creating a visually striking carnival feel. As always, this was particularly appealing to the children, many of whom participated in entertainment-extraordinaire 'Circo Pequeno's master classes, learning to juggle, spin plates or hula hoop.

Other new and very popular introductions were the inflatable 'Gladiator's game and harness-suspended trampolines, both of which members of **The Portugal News** took it upon themselves to try out – and were not disappointed.

In fact, members of **The Portugal News** were in line to try many of the interesting services and products on offer at the fair and which were also available to visitors, from salsa lessons to St. Tropez spray tans – we're not shy when faced with a challenge!

One of the most popular new introductions was the Portugal News Café, where visitors were able to fill in questionnaires or read a newspaper, enjoy a coffee and a chat, and rest their feet for as long as they liked. Trial and error proved that milk is always a good thing to have in a Café and will definitely be there from the start next time round!

From wooden flowers to the latest fashions, a Moroccan medina filled with authentic deco-

50% visitors rated their enjoyment of the Fair as 8 out of 10, 9 out of 10, or full marks.

rative items, satellite services, go-karts, boats, cars and quad bikes, the variety on offer was huge.

An arts and crafts tent was packed with handmade goodies from a number of local international artists. Arts and crafts are always popular, and despite the credit crunch, continued to fascinate visitors.

Down in the main arena visitors praised the mouth-watering selection of global cuisine on offer, which this year also included Portuguese spit-roast pig and Greek cuisine, though two favourites were greatly missed; the Cornish Range's cream teas and pasties (Nicola, the owner of the Cornish Range, recently emigrated to Australia) and the South African *boerwors* rolls (reportedly absent due to an unfortunate delay in international deliveries).

On Saturday evening popular local Irish band Klonakilty took to the stage in the main arena, providing pleasant background music as diners enjoyed their meals.

Sunday afternoon saw the Lagoa fire-brigade proudly show off their new equipment purchased with money raised from a recent charity event.

Held on August 31st, the Prograve – Bombeiros de Lagoa Golf Tournament, organised annually by Jan Zegers, owner of the popular 'O Patio Restaurant', raised approximately

Fair, see p. 37



The ever-popular donkey rides provided by the Donkey Sanctuary.



Tom Chapman, Carrie-Marie Brattley and Tommy Broad in The Portugal News Café.



Renato and Ricardo Talhadas ready to serve the crowds who frequented The Portugal News Café.



Most fair-goers stopped in at The Portugal News Café to enjoy a moment's rest and a bica.



The Portugal News Café which proved to be a very popular stand where patrons could pick up a newspaper, fill in a survey or chat to members of the newspaper team.



A little girl enjoys the luxury of pretend grass on the Arti Grass stand.



A corner of the Pavilion resembled a Moroccan medina with many colourful items for sale at amazingly reasonable prices.



These high quality end-of-season shirts were only 15 euros each. The standholder was very pleased with his sales results.



Vera van der Gyssen on her beautiful stand displaying very realistic looking flowers made out of silk.



Photo above: Bird's eye view of the Fair just after opening on Sunday morning

Visitor survey: Asked What did you enjoy most, the things most commented on were: "variety on offer", "arts and crafts", "The atmosphere", "The Portugal News Coffee Shop", "The friendliness and helpfulness of the stand holders", "the entertainment", "the food"



The Portugal News reporter, Tommy Broad, receiving a St. Tropez spray tan on the Salão Elysium stand.



The 'Wine Festival' was very popular with visitors where they could sample a variety of wines.



Lagoa City Hall had a very impressive stand in the Pavilion.



Strictly Social Dance gave dance demonstrations.

Fair, from p. 35

€2,500, mostly from the 86 golfers who participated in the event.

It was put towards essential emergency response equipment, or more specifically ARIKA breathing apparatuses (see photo).

Another successful charitable cause was the finger-painting stand for handicapped and mentally challenged children's institution NECI.

In total €200 were raised through the finger-painting fiasco, which children loved as they could get their hands dirty for a good cause. It was introduced by Fair regular and renowned artist David Haines, this year run by volunteer Margret Potentier.

David, who is as famous for his own beautiful paintings of regional Algarvean scenes as he is for his flawless Van Gogh repro-

ductions, told **The Portugal News** "I could not have done it without Margret".

Also on Sunday afternoon the talented Cristina Afonso played in the arena with her three-piece band, producing their own special brand of jazz.

Sunday evening featured six-piece band Hexavox, who shook things up somewhat with their jazzy renditions of favourite songs from the past and present.

Also featured on both nights were Circo Pequeno's fire-dancers and illuminated *diabolo* performance, which made lovely spectacles in the dark and were magical to watch.

Months of worry and hard work are poured into the twice yearly International Algarve Fairs to make sure they cater for everyone's needs, as well as creating a fun, family atmosphere and generating business.

This month business was noticeably slower than the very successful May Fair, which was hailed one of the busiest to date with an estimated 10,000 visitors, though feedback was still encouragingly positive and enthusiastic.

An overwhelming majority of visitors agreed the Fair was very good value for money, many proclaiming the entertainment to be their favourite part, others preferring the buzz of the News Café, some being content with simply meeting and greeting new people.

Once again the variety offered in the food court and Arts and Crafts tent scored highly amongst what visitors enjoyed most, the biggest point of criticism being that there is not enough seating to rest tired feet after hours of contented promenading.

Other suggestions included introducing more local arts, crafts and foods, afternoon tea and jazz sessions, a larger focus on alternative energies, even more music during the day (though a special mention was made of the fabulous harpist 'Harp John'), and one creative visitor decided a pole dancer or two may have been the icing on the cake.

All suggestions (possibly with the exception of pole dancing – though the Salsa dancers proved very entertaining) will, as always, be taken on board to make upcoming events second to none, with even more for visitors to look forward to. So who knows

what exciting novelties next May's Fair will hold...

Congratulations go to Valerie Searle of Guia, Albufeira, who upon completing an International Algarve Fair Visitor's Survey won a free weekend in Gibraltar for two.

Mrs. Searle, who thoroughly enjoyed her time at the fair, will be spending two nights at the O'Callaghan Elliott Hotel, tucking into full English breakfasts in the mornings!

As the tents came down, the tables were packed away, and the exhibition ground returned to its normal, tranquil self, **The Portugal News** team along with the International Algarve Fair management and organisers said a fond farewell, until next May.

For more information on next year's Fair, or to book your stand now, ring the Exhibition Hot Line: (+351) 282 380 317, e-mail sales@algarvefair.com, or see website: www.the-news.com.



Collections are regular exhibitors at the International Algarve Fair and were displaying their usual array of seasonal fashions which never fail to disappoint.



Aspects of the motor show: Over twenty brand new models were on display for keen motorists to inspect and admire.



The Word Telecom stand gave people the opportunity to try their special "Onefone Home" and the very new wireless home phone, both of which could be purchased from the stand.



The Wingarden stand was beautifully decorated and inspired many to buy plants and garden ornaments, including spectacular modern fountains.



A general aspect of the exhibition on Sunday morning showing the busy stands.



A scary clown on stilts.



Kayaks and Crocs on the Poder do Sol stand.



Angel Pilot's display of radical equipment.

We did extremely well, clients came to the Fair especially to see us. We also met lots of new clients. Extremely pleased with the Fair, we did more business than we expected.

Jennifer Storan – Jas essential Oils

Visitor survey: Over 65% of visitors stayed at the Fair for 3 hours or more



Marga Jan Schendel displays her handmade soaps.



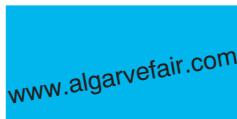
John Harp both entertained and soothed the crowds on the lawns near the stands and in the pavilion.



Not just a pretty face - Nadia's mother Sónia organises the fair and this time she had the help of two month old Tomás.



Beautiful wooden roses and a new printing technique.



The Arts & Crafts Marquee, where visitors found hoards of wonderful handicrafts.



Circo Pequeno were constantly on hand to entertain the young children and teach them new games.

How to strut in high heels

Fashion's experts reveal their style advice for strutting with confidence.

Who can forget the downfall of Naomi Campbell? Not the reported air rage attack, mobile phone flinging, or community service stint in the States, but her now world-famous 1993 catwalk tumble in Vivienne Westwood platforms.

Naomi's fall showed that even supermodels can get the art of walking in high heels wrong.

With Fashion Week kicking off in New York, London, Milan and Paris in September there are sure to be plenty more model stumbles.

We've all been there. Trips, tumbles, shuffles, slips, and the dreaded moment when your stiletto gets stuck between two paving stones.

While some women take to walking in teetering heels like a duck to water, for others it's a skill that requires practice, practice, practice.

Don't keep your favourite heels hidden in the shoe box. The Gillette Venus High Heel School experts give us step-by-step instructions on how to parade your heels to the max, from figure fixing through to walking the walk.

Make like shoe aficionado Gwyneth Paltrow and put your heels firmly in the limelight.

Lisa Haynes

The shoe for you

Sarah Jessica Parker practically sent the female population giddy with her fierce Dior gladiator heels in the Sex And The City movie. But celebrity stylist Hannah Sandling says that not every heel works for every figure.

"Shoes have the power to make your legs look long and lean or short and stumpy, so the size, shape, height of heel is very important," she says.

Hannah has the following advice for choosing your dream heel:

Heel type: "Not all heels suit everybody, it really does depend on your leg," Hannah says. "If you have wider legs, avoid chunky platforms because they will make your leg look chunkier but wedge shoes are great as they balance out bigger thighs."

"If you have very thin pins, avoid spiky stilettos as they will make your legs look gangly."

Straps: "Looking for the right straps will really lengthen your legs," Hannah advises. "If you have chunky calf muscles, you shouldn't be wearing straps as they really do chop your leg in half. Open shoes really elongate your legs."

Colour: "Colour is important," Hannah says. "Really pale pins? You shouldn't wear pale shoes or bright acid colours as it's not going to be a flattering look."

Model strut

If you don't think you can ever get a super-stride like Gisele, think again. Lee Laphorne, fashion consultant and show producer for London Fashion Week, says a good walk can be learned.

"When teaching models to walk, I use a technique of breaking their steps down and pinpointing mistakes by mimicking their posture to demonstrate where they are going wrong," he explains.

"Practice in private. Walk around the house in heels to get used to the height, and use a full-length mirror to see how you look."

As for technique? "Keep legs close together and as straight as possible," Lee advises.

"Imagine a straight line in front of you and walk to it. Keep each step slightly elongated and placed in front of the other. Add a sexy vibe with a slight strut, cross each step over the previous one."

Lee's favourite catwalk star is Erin O'Connor, but even the six foot-tall model can reap the benefits of higher heels.

"A high heel elongates the body and makes models look more elegant on the catwalk," he says.

"But even supermodels fall. If it happens to you, simply pick yourself up and gracefully continue with confidence."

Walking tall

Once you've purchased those dream shoes and polished off your walk, it's time to put the finishing touches to your fashionable stride.

"Remember that high heels are like portable pedestals - they draw the eyes up," says Camilla Morton, fashion writer and author of *How to Walk in High Heels*. Having worked with shoe god Manolo Blahnik, here are Camilla's expert tips on how to pull off even the trickiest heel with model-like aplomb:

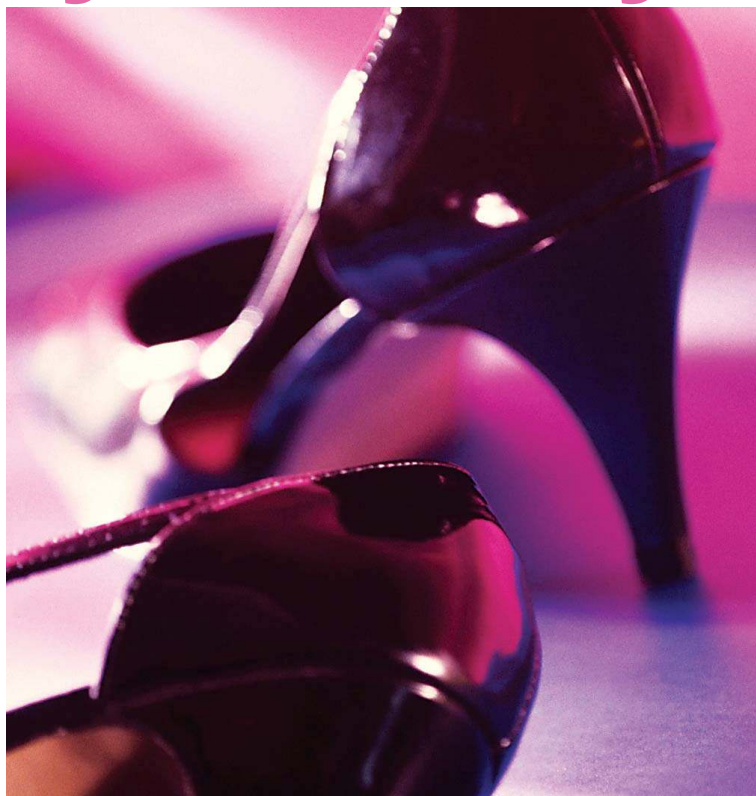
- Get the right tools for the trade. They don't have to be the most expensive pair of shoes, it's just what works for you. Remember it's often false economy to buy cheap shoes.

- Know what surface you're going to walk on. A grassy field and spiky stilettos don't mix.

- Find your centre of gravity to help retain your grace and poise. Let your heels get slimmer the more adept you become.

- Work out your legs and thighs to get them into shape. Forget the treadmill, even shopping counts as a workout - especially at the supermarket. Get a trolley and a new pair of heels to test drive and you'll soon be gliding along the aisles.

- Keep your legs smooth, silky and slimline. Grooming matters, so remember to exfoliate, shave with a razor designed for women's curves like Gillette Venus, then moisturise.



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Suffering for their art

Celebrities - such as former EastEnders star Natalie Cassidy, who is apparently distraught at piling on the pounds after transforming herself from size 16 to 8 - are always trying the latest fad diets. We get expert nutritional advice on their merits, plus share some sensible tips for beating the back-from-holiday bulge.

Celebrities always seem to be following the latest diet craze in a desperate attempt to keep those enviably slim figures.

It's small wonder as under the glare of the media every pound

they gain is noticed and often cruelly commented on.

But sometimes the pressure to slim can end in tears and the most recent casualty of the celeb battle of the bulge appears to be ex-

EastEnders star Natalie Cassidy. Her attempts at weight loss through a low carb diet have reportedly faltered. Since transforming herself from a size 16 to a size 8 in a matter of months, she's now distraught about a recent weight gain of 20lbs.

Just a few weeks after promoting her hugely popular fitness DVD, the actress who played Sonya in the soap is said to be avoiding going out in public and according to a friend feeling "embarrassed and extremely sensitive".

While other celebrities might currently be winning the fight against gaining weight, they should be embarrassed by some of their tactics.

Beyonce's apparently tried the Maple Syrup diet, Jennifer Aniston and Paris Hilton have toyed with a Baby Food Diet, Guy Ritchie's favoured a Hollywood Cookie diet and Madonna

and Gwyneth Paltrow are renowned for their enthusiasm for macrobiotic food.

"All too often people are looking for quick fixes," says Fleur Borrelli, nutritionist at Nelsons Pharmacy.

"Celebrities are often under pressure to lose weight fast, and their fans follow whatever has seemed to work for idols and role models."

She believes that the end result of many 'fad' diets is disappointingly short-term weight loss, and poor health due to poor nutrition.

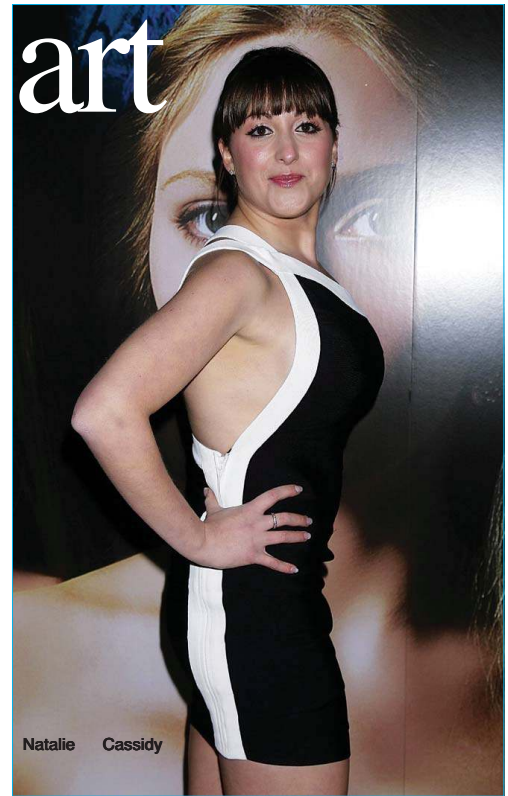
"A lot of these diets verge on fasting or food deprivation which is not healthy. In Natalie's case she's probably been on too harsh a regime, followed too quickly for her to cope with," Borrelli says.

"She would be far better to lose weight more gently and slowly, with a balanced healthy diet incorporating lots of fruit and vegetables. That would lead to steady weight loss that would remain stable."

We've put some of those celebrity diets under the spotlight for Borrelli to weigh up.

::NATALIE CASSIDY'S DIET

She lost two-and-a-half stone in a three-month period last year,



Natalie Cassidy

reducing from a size 16 to a size eight. The low-carb diet was combined with two-hour daily gym sessions.

A sample daily menu:

:: Breakfast: a bowl of cereal with yoghurt and berries and a cup

of black coffee.

:: Mid-morning snack: A piece of fruit usually a banana.

:: Lunch: Tuna salad with red onion and one slice of brown bread.

:: Snack: An apple.

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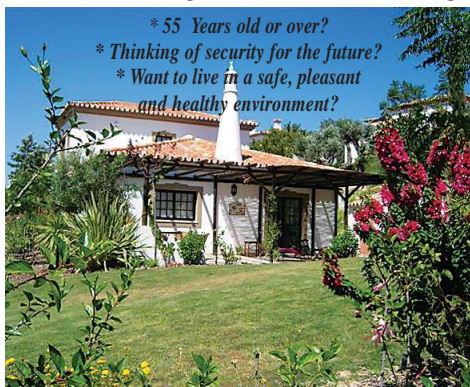
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:: Dinner: Steak or fish with steamed vegetables.

RATING: "This sounds like an extremely low carb diet, and it's almost inevitable that Natalie would start to pile the weight back on because her metabolism has slowed down as a reaction to the lack of food and sufficient carbohydrates," Borrelli says.

"This is an automatic reaction by our bodies to prevent ourselves from starving. Also, all that strenuous exercise has probably pushed her body to the limit, straining on her system if she's not eating enough and could lead her to crave carbs."

She suggests that Natalie could improve this basic diet with changes to boost her energy levels, help keep her blood sugar stable so she avoids unhealthy snack urges, and keeps her metabolism at a good rate.

Her suggestions:

:: Breakfast: High fibre muesli or porridge, or boiled egg with wholemeal toast. Also have a portion of nuts and seeds. Replace coffee with herbal tea or fruit smoothie.

:: Mid-morning: An apple, mango or papaya or a portion of chopped raw vegetables with a hummus dip is preferable to a banana.

:: Lunch: A brown rice salad, and portion of grilled fish, chicken or tuna. Ensure any bread is wholemeal or rye.

:: Mid-afternoon: A bowl of soup instead of an apple.

:: Supper: add a salad starter, followed by the steak or steamed fish and steamed vegetables.

She also recommends a supplement containing iron, a mineral commonly neglected by fad-diets. Spatone is a 100% natural iron supplement available from Boots, Holland & Barrett in the UK and independent health food stores and pharmacies. Call: 00 44 (0)1492 640 057 or go to: www.spatone.com

:: MAPLE SYRUP DIET

Celebrity fan: Beyonce

This diet is based on a detox drink made from Madal Bal Natural Tree Syrup (made from sap of maple and palm trees) mixed with lemon juice, cayenne pepper or ginger and hot or cold water.

It can be used to substitute meals on one day per week, one or two meals per day or a full on 10-day detox.

RATING: "It will not only play havoc with the system but also will not have the desired effect," Borrelli says.

"The sugar will be rapidly absorbed into the bloodstream lead-

ing to a temporary burst of energy. This will be quickly followed by a slump; feelings of fatigue, irritability and hunger.

"Crash diets such as this one will initially achieve a substantial amount of weight loss due to the lack of calories but the weight is highly likely to go back on afterwards."

She believes the diet severely deprives the body of the essential nutrients it needs for normal healthy functioning. These include magnesium and calcium for healthy bones, zinc for healthy skin, hair and nails as well as the immune system. It could also lead to deficiencies in iron, vitamin C and the B vitamins, which is associated with low mood and poor mental functioning.

:: THE HOLLYWOOD COOKIEDIET

Celebrity fan: Guy Ritchie

This restricted diet of 800 calories per day was designed by Florida doctor Sanford Siegal to test thyroid slowdown. If after 21 days the patient experiences limited or no weight loss, this indicates an under-active thyroid.

Dr Siegal has re-marketed the diet as aid to weight loss and the idea is to eat one meal per day and six cookies. The amino acids contained in the cookies supposedly

have appetite suppressant properties.

RATING: "A diet with too few calories to maintain health and energy," Borrelli says.

"The body goes into starvation mode and holds onto stored fat in order to preserve its reserves and burns lean body mass which may come from vital organs such as the heart.

"A cup per day of vegetables does not get close to the daily recommendation of five fruits or vegetables per day. This may leave the body deprived of vital vitamins and minerals and even fibre even though the cookies are fairly high in fibre."

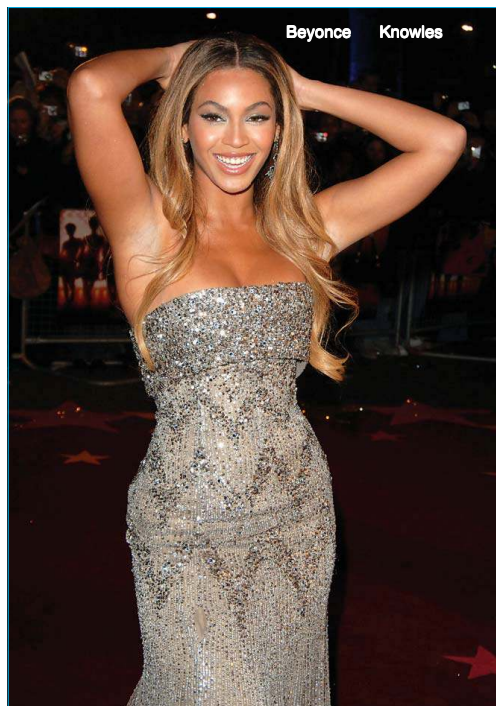
She criticises the recommendation that liquids such as tea and coffee be drunk with the cookies.

"Not only are they mild diuretics which will cause the body loss of valuable liquid, but components in tea and coffee can impede the absorption of iron.

"Even though oats, the main ingredient of the cookies, are useful sources of nutrients such as B vitamins, calcium, magnesium and zinc, the processing they undergo robs them of these nutrients."

Gabrielle Fagan

More celebrity diets next week



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Ferry to the fjords

With its outstanding scenery featuring raging rivers, dozens of waterfalls and snow-capped mountains, Norway is the sort of country that draws you back again and again

Threading our way through dozens of islands and skerries off the west coast of Norway, it was difficult to believe we were on a ferry bound for England and not some luxurious Scandinavian cruise. As a changing vista of ships, mountains and tiny coastal communities floated by, I couldn't help recalling that not so long ago ferry journeys were something to be endured, rather than enjoyed.

On board standards and facilities have improved a lot since then. Ships are bigger and more comfortable, and on the DFDS route from Newcastle to Bergen, the voyage is very much a part of the holiday.

Norway is a country known for outstanding scenery - and high prices. Once visited, it's the sort of country that draws you back again and again. With that in mind, and for our fourth visit in 30 years, we booked a contrasting two-centre holiday, sampling first a wood cabin high in the mountains and then a city centre hotel in Bergen - easy to research on the DFDS website.

Sailing over in the Queen of Scandinavia, the 26-hour journey went almost too quickly thanks to a comfy cabin, a good choice of restaurants and bars, entertainment and films. The buffet dinner, with its wide choice of hot and cold dishes, Scandinavian

seafood specialities, and mouth-watering desserts, was a particular highlight.

We really did arrive at Bergen - Norway's second largest city with a population of just 242,000 and the gateway to the fjords - feeling rested and relaxed. No airport stress, delayed flights, lost baggage and cramped plane cabins.

Driving from the port, it didn't take long to appreciate how unlike most European countries Norway is, and what difficult terrain its roadbuilders have had to tackle to provide communication links across the country. On an excellent road, we plunged into tunnel after tunnel, hewn through rough rock, and as we climbed higher into the mountains, we passed raging rivers and dozens of waterfalls, with white and red-coloured cabins clustered round lakes large and small.

After collecting our keys and bedding, we turned up a gated private road, to arrive at our cabin, high in the Kvamskogen mountains - an area popular with skiers in the winter and walkers in the summer. The cabin had every modern comfort, including satellite TV, DVD player and underfloor heating. The huge outside deck commanded dramatic views over the surrounding summits - some snow-capped even in August - and a large lake below. The peace and quiet, broken only by the occasional tinkling of bells on wandering sheep, was intense.

Next day, we set out to explore the locality. The nearest town, Norheimsund, had good supermarkets, and yes, we found almost everything much more expensive than in England. But with careful shopping, it's possible to live within a modest budget. Alcoholic drinks, for example, are so expensive, it is worth taking beer and wine from Britain.

Norheimsund has good tourist information facilities and is handily placed on the Hardangerfjord. Strange to think that after more than an hour's drive inland from Bergen, you're still by the sea. Locally, the attractions included Steinsdalsfossen, a massive waterfall, which you can walk behind while listening to the deafening roar of the cascade as it crashes to the ground below. There are boat tours of the fjord, a local art gallery and many walks in the hills and mountains, with printed routes available from the tourist information.

We followed one up to some summer pasture and a tiny collection of cabins high in the mountains, where until only a few years ago milkmaids lived making the traditional brown goat's cheese.

Ferries, frequent and relatively inexpensive, link most of the major fjord towns. You can take one to Jondal where a road leads up to a ski centre where even in summer it's possible to go snowboarding, skiing or for a guided walk on the Folgefonn glacier.

We crossed to the pretty village of Utne and then followed the fruit farms of the Sognfjord, all selling morello cherries at roadside stalls, to Agatunet, where a collection of buildings dating back to the Middle Ages. A guide will

tell you about how life was in centuries gone by. But for me the village has a special resonance. I worked on a farm here for two months back in 1978 - and was delighted to find my former employers still living in the same farmhouse.

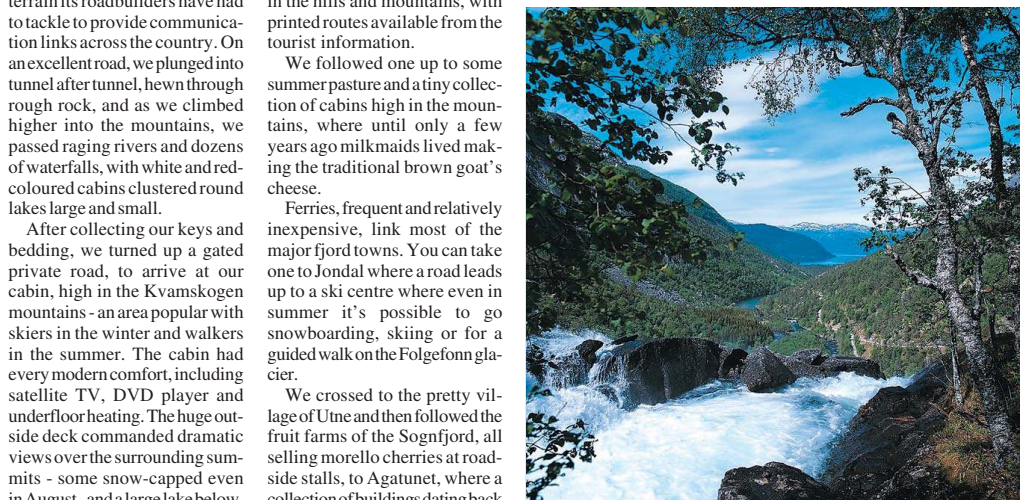
After a week in the mountains it was time for the bustle of city life in Bergen. Staying at the very comfortable Thon Hotel Rosenkrantz, right beside the city's historic Bryggen water-

front, we were ideally placed to explore its charms.

Bergen, designated a World Heritage City by Unesco, can be enjoyed from the water, the ground and the air (well almost). As the sea is the dominating influence in Bergen's development as a trading centre, we took a harbour cruise to orientate ourselves. Passing by huge cruise liners; working ships, large and small; wharves, the fish market, and a submarine base, it's possible to



A Fjord, West Norway.



A waterfall rushes down towards a fjord in Norway.

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see many of the key attractions and get a sense of Bergen's seafaring traditions.

From the ground, we were able to walk to many of those attractions, like the aquarium and the art galleries. Regular coaches and buses will take you further afield to the home of Norway's most famous composer, Edvard Grieg, at Trolldhaugen; and to the Fantoft stave church.

A Bergen card, bought at a tourist information office, gives free or reduced price admission to most attractions as well as travel concessions. But it's from above that Bergen is perhaps best ap-

preciated. A cable car to the peak of Mount Ulriken - at 642 metres highest of the seven mountains surrounding the city - with wide-ranging views out to sea and inland. But on the day we went up, mist and cloud obscured most of the horizon.

We had better luck with the Floibanen, a funicular railway operating since 1918, which takes you in just a few minutes from the heart of the city to the top of the 320-metre Mount Floyen, where grand viewing platforms give expansive views. There's also a restaurant and giftshop.



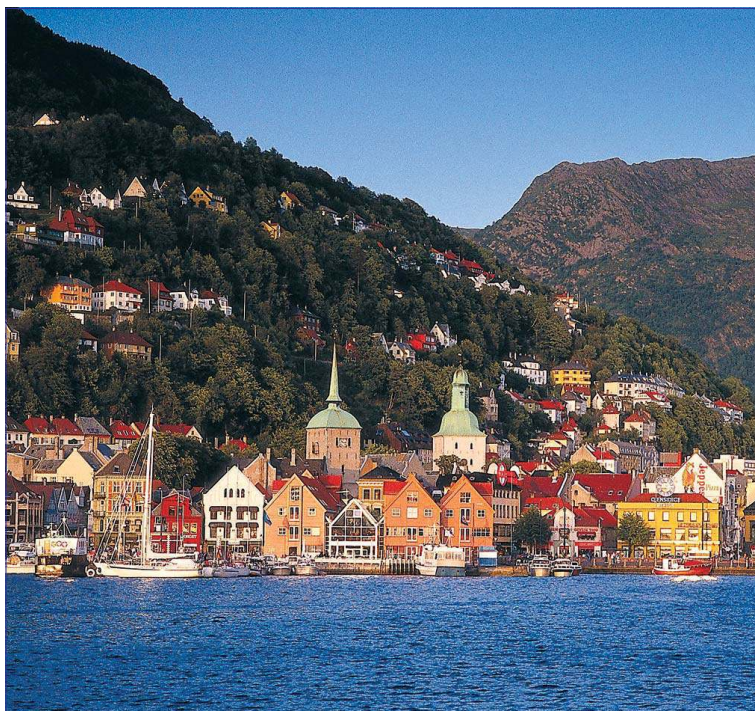
A cabin on the Queen of Scandinavia.

Take your hiking boots too, for marked paths lead off into the less frequented hills, woods and lakes - making it possible to be enjoying a country walk just minutes away from the hustle and bustle of the harbour.

It is expensive to eat out. But it is possible to find good, relatively inexpensive restaurants by shopping around. Holbergstuen, which opened in 1927, was particularly good, serving traditional Norwegian dishes like fish soup and scallops, and sirloin of reindeer. At the popular fish market on the harbour front, it's possible to get all kinds of seafood, fish and chips costs about £10/€12.60 a portion though.

All too soon our holiday was over, but we still had the return journey to look forward to. Commodore Class for our return voyage offered a larger cabin, complimentary minibar, television and access to a private lounge with tea and coffee.

Instead of heading directly for England, the voyage takes you along the coast, calling first at Haugesund and then Stavanger, giving about six hours of cruising with spectacular views. After another day of enjoying the ship's many facilities, we again arrived back feeling thoroughly relaxed and wondering where the



The harbour, Bergen, Norway.

next ferry journey might take us.

TRAVEL FACTS

∴ Trevor Mason was a guest of DFDS Seaways, which currently offers six night B&B hotel stays in Norway from £436/€548 per person, including three nights' onboard ship in Commodore Class and three or four nights' B&B at the Solstrand Hotel in Bergen, plus carriage of standard car.

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Trevor Mason



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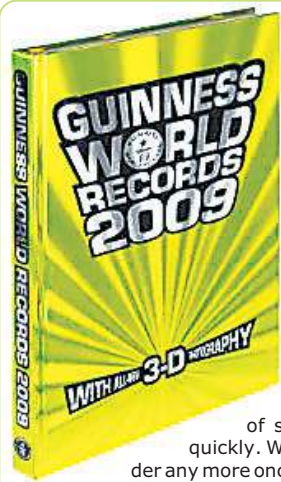
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BOOK REVIEW



Guinness World Records 2009

This year's edition, complete with lime green holographic cover, is packed with thousands of new records, 3D photography, fold-out features on such subjects as Harry Potter and the moon landings, celebrity interviews and 100% new photography. This is an extremely popular book that goes out

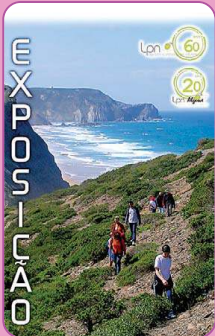
of stock in the UK very quickly. We won't be able to order any more once this happens, so it's best to buy early to avoid disappointment.

Hardback: 28€ (10% off when you quote The Portugal News) Available from Magna Carta Bookshop (see advert for contact details).

Magna Carta



Tel / Fax: 282 496 001
E-mail: info@magnacartabookshop.com
Quinta da Praia, Lote 4 - Loja 10, 8500 Alvor



'20 ANOS A CAMINHAR COM A LPN ALGARVE' (20 years walking with LPN Algarve), Photo Exhibition from Liga para a Protecção da Natureza - LPN Algarve (LPN Algarve - League for the Protection of Nature) on show at EMARP on Rua José António Marques, 17 in Portimão.

Tel: 282 400 260.

ONGOING

ALGARVE

Until September 27 - Joint exhibition of contemporary paintings **Alma van Wilgenburg & Wendy Tate**. Tickets €10 includes music with Manuela Lopes, canapes and Vida Nova Rose wine Telephone 912 737 762 or 918 980 199 Gallery - housed inside Boliqueime railway

station - open 5 days per week from 11am until 5pm Closed on Mondays and Tuesdays.

Until September 28 - Painting Exhibition by António Inverno 'Pinturas de Pequeno Formato' at the Municipal Art Gallery of Aljezur. Tel: 282 998 102

Until September 30 -

Gerardo Burmester at TREM gallery in Faro. Call 289 804 197.

Until October 8 - Opening Sep 13, 2 exhibitions at Museu do Trajo do Algarve at São Brás de Alportel. From: 10h-13h & 14h-17h. Closed Weekends

and holidays. Tel:

Until October 10 - Paintings by **Jean-Marie Boomputte** at São Lourenço Cultural Centre. Call 289 395 475.

'20 ANOS A CAMINHAR COM A LPN ALGARVE' (20 years walking with LPN Algarve), Photo Exhibition from Liga para a Protecção da Natureza - LPN Algarve (LPN Algarve - League for the Protection of Nature) on show at EMARP on Rua José António

Marques, 17 in Portimão. Tel: 282 400 260.

Paintings by **Carlos Godinho** from October 13 to November 21 at EMARP on Rua José António Marques, 17 in Portimão. Tel: 282 400 260.

Tickets: from €26 to €30. Tel: 707 234 234.

LISBON
Painting by **Ricardo Paula 'Os Silêncios da Casa do Vento'** (The

Silences of the House of Winds) - on exhibition at PALPURA - Paulo Alargão Galeria de Arte - Rua Alberto Villaverde Cabral n°2 in Lisbon - Tel: 213 019 751. Until September 28 - **José Saramago and Agostinho Santos** paintings and draw-



'SHELLS - The Beauty Beneath' by Silvia Marmorì

EXHIBITIONS

ings at Museu Nacional da Imprensa in Lisbon, on Praça do Comércio in Lisbon. Entrance is free.

Until September 30 - Exhibition **'SHELLS - The beauty beneath'** by **Silvia Marmorì** - Photography - **Colorida Galeria de Arte** - Costa do Castelo 63, (Ent. Esc. Marques Ponte Lima) - Tel 351 211 512 142

Until October 10 - Maya Schindler **Seeing is Believing** at Zaum Projects Contemporary Art on Av. Miguel Torga, 14B. Call 913 176 005

Until November 2 - Opening on September 22, Exhibition 'Espaços Sensíveis - La Caixa' Contemporary Art Collection of the Foundation at Museu Coleção Berardo at Praça do Império. Tel: 213 612 400.

Until November 8 - **Obras Recentes** by **Leda Catunda** at Galeria 111. Call 217 819 907.

Until November 16 - Opening on 15 Sep the exhibition **Pipedream** at Museu Coleção Berardo. Call 213 667 570.

OPORTO

Until October 12 - **David Goldblatt**, Intersections Intersected at Museu Serralves in Oporto. Call 226 156 500.

Until November 2 - **Todas as Histórias** film exhibition at Museu Serralves in Oporto. Call 226 156 500.

Until November 2 - Cinematic photography by **Manoel de Oliveira** at Museu Serralves in Oporto. Call 226 156 500.

Until November 8 - Painting Exhibition **'Ruína' (Ruin)** by **Martinho Costa** at Galeria 11 on Campo Grande, 113, Lisbon. Tel: 217 977 418.



Painting by Martinho da Costa - Galeria 111, Lisbon



Artur Pizarro & Vita Panomariovaite feature piano works for 4 hands by Schubert and Mozart

- September 29 at 19h00 at the Small Auditorium of Centro Cultural de Belém in Lisbon. Artur Pizarro always demonstrated a special affection for the piano repertoire for 4 hands. In this programme devoted to Mozart and Schubert, the perfect harmony between one of the most appraised Portuguese pianists and the Lithuanian pianist Vita Panomariovaite, one of his preferred pupils at the prominent Guildhall School of Music of London, stands out. Price: €8. Tel: 213 612 444.

Concert by Divino Suspiro - September 28 at the Small Auditorium (Sala Eduardo Prado Coelho) of Belém Cultural Centre in Lisbon at 19h00. Tickets: 15 & 12.5 euros. Tel 213 612 400.

TAVIRA FESTIVITIES - Until September 28. For further information: Tel: 281 320 500.

Piano Recital by Artur Pizarro and Vita Panomariovaite - September 29 at the Small Auditorium (Sala Eduardo Prado Coelho) of Belém Cultural Centre in Lisbon at 19h00. Tickets: 8 euros. Call 213 612 400

Piano Recital by Artur Pizarro - September 30 at the Small Auditorium (Sala Eduardo Prado Coelho) of Belém Cultural Centre in Lisbon at 19h00. Tickets: 8 euros. Call 213 612 400.

OCTOBER

Sheila Jordan Quartet in concert on World Music Day - October 1 at the Small Auditorium (Sala Eduardo Prado Coelho) of Belém Cultural Centre in Lisbon at 21h00. Tickets: 15 and 20 euros Call 213 612 400.

NOVEMBER

Family Show - BOB THE BUILDER Live Show - November 10-13 at Pavilhão Atlântico in Lisbon. Entrance: Over 3 years old. Promoted by TOURNÉE. Duration of the show: 120 minutes. www.pavilhaoatlantico.pt / 707 780 000.

KEANE LIVE - November 12 in Lisbon at Coliseu dos Recreios at 21h00. With more than 8 million albums sold and a new album 'Perfect Symmetry' to be launched on 13th October, the KEANE group is composed of the piano rock band Keane comprises composer, bassist, and pianist Tim Rice-Oxley, lead vocalist Tom Chaplin and drummer Richard Hughes. Tickets: from €26 to €30. Tel: 707 234 234.

'The Golfer' (Oil on Canvas) by J.M. Boomputte



events which are cancelled, delayed or fail to live up to their billing. Send us your events to copy@the-news.net by Tuesday before publication.

SPORTS

GOLF

Portugal Masters - October 16 to 19 at Oceânico Victoria Golf Club in Vilamoura.

WATERSPORTS

Powerboat P1 World Championship - Until September 28 at Praia da Rocha.

WHAT'S ON

FESTIVITIES

Tree Parade '08 - Until September 30 at Vila Adentro, Jardim M. Bivar and the Alameda garden.

MARKETS

Mercadinho de Loulé (Loulé Market) - Every Saturday from September 27 at the Convent Square. Handicrafts, flowers, plants and aromatic herbs. Guide visits to the Historic Centre at 11h30 and 15h30.

SHOWS

'Visions: O Espírito dos Sonhos' (Visions: The Spirit of Dreams) - Daily at Salão Preto e Prata of Casino Estoril. Price: €15 (Children 12-16 €7.5). Tel: 214 667 700.



New exhibition at GALERIA CORTE-REAL

Working with acrylic and metallic paints, Dutch artist JASPER HULSHOFF POL has created a series of donkey portraits. Winter opening hours at the gallery. The exhibition will run until October 20 - Wednesday to Saturday from 11h00 until 17h00. Location - inside Boliqueime railway station and well sign-posted from Fonte de Boliqueime roundabout on the EN 125.

Telephone - 912 737 762 or 918 980 199



Piano Concert by Luisa Tender
World Music Day
1st October
21h30
Centro Cultural de Lagos

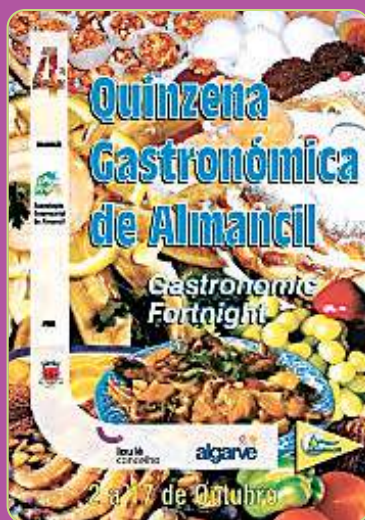
MARCH / RACE



MAMAMARATONA 8

Many Portuguese and foreign athletes will participate in a leading group on the race / march of 8/5 Km of the **MM8**, that is going to take place October 12 at the Fair and Exhibition Park in Portimão. Many regional and national athletes resident in the Algarve that are aware of the fight against breast cancer by *Projecto da Associação Oncológica 'Casa Flor das Dunas'*, formed 14 years ago. Artists, political and social figures and the public in general will also participate, as well as the sponsors of the race/march, in a clear demonstration of solidarity. For more information, please contact: 289 807 531 / 282 080 055 or visit the site: www.mamamaratona.com

GASTRONOMY



Almancil 4th Gastronomic Fortnight - Takes place in many restaurants of the Almancil area from October 2 to 17. For more information contact RTA.

Castro Marim Ralli - September 27 & 28. Competition counting towards the Southern Region Rally Championship. Organised by Algarve Automobile Club. Tel: 289 400 330. www.clubeauto.movelalgarve.pt

GYMNASTICS

Loulé World Cup 2008 - Trampoline World Cup - Loulé - Municipal Sports Pavilion.



MOTORING

Cascais Beetle Gathering - Gathering of the Volkswagen 'Beetle', one of the most popular and recognizable cars in the world. All owners of 'beetles' made prior to 1985 as well as all *aficionados* of these historic vehicles, are welcome. The gathering takes place at Hotel Baía in Cascais on Sunday, 5th October at 11h00. For information: 912 545 705 - joaquim.banha@lusovencor.com.



CONCERTS FROM NORTH TO SOUTH

BEJA

Clunk! - Sep 27 - Beja - Galeria do Desassossego

BRAGA

Gustavo Costa - Sep 27 - Tropa Macaca - Braga - Velha-a-Branca - 3€

CASCAIS (ESTORIL)

Pedro & Diana - Duas Semi Colcheias Invertidas - Mário Trovador & Companhia de Rua do Metro - Artigo 19 - Sep 27 - Coluna de Ferro - Cascais (Estoril) - Grupo de Instrução Popular da Amoreira - 21h00 - Free
Tiago Bettencourt in Concert - Sep 27 & 28 - Casino do Estoril nr Lisbon

Fat Freddy's Drop - Nov 7 - (Carcavelos nr Lisbon) - Quinta dos Lombos from 9pm. Tickets: €23

Scorpions - Nov 19 - Estoril Casino - Further info TBA

GUIMARÃES

ThanatoShizo - Sep 27 - Hacksaw - Switchtense - Seven Stitches - Revolution Within (Bergo Fest) - (São Mamede) - 21h30 - 10€

Fado em Si Bemol - Sep 27 - Centro Cultural Vila Flor - 23h30 - 2.5€

Mesa - Sep 27 - Centro Cultural Vila Flor - 22h00 - 7.5-10€

LAGOS

DA WEASEL - Festa da Juventude (Youth Festivities) - Oct 5 - Municipal Auditorium - 20h00 - Tickets: €2

LISBON

António Boiero & The Ditch - Sep 27 - Almada (Cacilhas) - Parágrafo - 23h00
Zezé di Camargo & Luciano - Sep 27 - Amadora (Portas de Benfica) - Pavilhão Banda da SFCIA - Amadora (Venda Nova) - 11h00
Lisa Doby - Sep 27 - Amadora - Recreios - 22h00
Farra Fanfarra - Sep 27 - Bacalhoeiro

23h00

Sobressaltos - Sep 27 - Casa de Lafoes - 17h00 - 3€

DA ANO[4X] (Festival Música Viva) - Sep 27 - Centro Cultural de Belém - 18h00 - Free

Smith Quartet (Festival Música Viva) - Sep 27 - Centro Cultural de Belém - 21h00 - 5-10€

Tango Fire - Sep 27 - Coliseu dos Recreios - 21h30 - 15-40€

Elsa Silva (Festival Expresso Oriente) - Sep 27 - Culturgest - 21h30 - 5-10€
Requiem W. A. Mozart - Sep 27 - Fórum Lisboa - 21h30 - 15-25€
Hats (Arraial do Caloiro) - Sep 27 - Instituto Superior Técnico - 20h00 - 8-15€
Kasutera - Sep 28 - Centro Cultural O Século - 23h00 - Free
Divino Suspiro - Sep 28 - Centro Cultural de Belém - 19h00 - 12.5-15€

Escolas de Música - Sep 28 - Centro Cultural de Belém - 10h - Free
Maria João & Mário Laginha (Pleno Out Jazz) - Sep 28 - Jardim da Estrela - 17h00 - Free

Aimee Mann - Oct 18 - Coliseu dos Recreios - €40 - €50.

My Dream - Oct 25 - Coliseu dos Recreios - €18 - €40.

Cansei de Ser Sexy - Oct 28 - Coliseu dos Recreios - €23 - €27

Peter Murphy - Nov 1 - Coliseu dos Recreios
KEANE LIVE - Nov 12 - Coliseu dos Recreios - 21h00 - Tickets from €26 to €30 - Tel: 707 234 234
Gogol Bordello - Dec 10 - Praça de Touros do Campo Pequeno
Giselle - Feb 6 & 7 - Coliseu dos Recreios - 21h30 - Tickets: €20 - €35

LOULÉ

10th Early Music Festival - Various locations - Loulé - Until Oct 11 - 289 303 160

OPORTO

Orquestra Aroarte (Concertos Promenade) - Sep 27 - Coliseu - 11h30 - 5-10€

Massive Brass Society - Sep 27 - Casa da Música - 12h00 - 5€

Orquestra Nacional do Porto - Sep 27 - Casa da Música - 18h00 - 15€

Forest - Sep 27 - Timeless (Velha Guarda Metal Fest III) - Teatro Sá da Bandeira - 14h00 - 10€

Alberto Índio & António Mão de Ferro - Sep 28 - HofFive
Gulbenkian Choir - Oct 5 - Casa da Música - 12h00 - 5€

Peter Murphy - Nov 2 - Coliseu do Porto

Sª MARIA DA FEIRA Chama-me Fado - Sep 28 - Europarque - 13€

TAVIRA

João Vale - Sep 27 - Misericórdia Church - Free

Gulbenkian Choir



TICKETS: Most tickets are available at FNAC and Worten outlets across the country, ATM machines, Abreu agencies, El Corte Inglés, Casa Viola, Ticketline or at the event itself on the night.
Websites: www.pavilhaoatlantico.pt; www.ticketline.pt | Phone numbers: Ticketline 707 234 324

ALGARVE

SBC
FORUM ALGARVE
TEL: 289 887 212
25 SEP-1 OCT



1 You Don't Mess With The Zohan

Adam Sandler, Emmanuelle Chriqui
14.35-17.05-19.30-22.00 (00.25 Fri & Sat)

2

Journey to the Center of the Earth
Brendan Fraser, Josh Hutcherson
(12.10 Sat & Sun) 14.20-16.40-18.50
Batman: The Dark Knight
Christian Bale, Heath Ledger
21.00 (23.20 Fri & Sat)

Tropic Thunder

Ben Stiller, Robert Downey Jr
14.00-16.30-19.00-21.40 (00.10 Fri & Sat)

4

Mirrors
Kiefer Sutherland, Paula Patton
14.10-16.45-19.20-21.50 (00.20 Fri & Sat)

5

Step Brothers
Will Ferrell, John C. Reilly
(12.05 Sat & Sun) 14.25-16.50-
19.10-21.30 (23.50 Fri & Sat)

6

Mamma Mia!
Meryl Streep, Colin Firth
(11.00 Sat & Sun) 13.35-16.10-
18.40-21.20 (00.00 Fri & Sat)

7

Mamma Mia!
Meryl Streep, Colin Firth
14.30-17.00-19.25-22.05 (00.30 Fri & Sat)

8

Meet Dave
Eddie Murphy, Gabrielle Union
13.10-15.15-17.25-22.10 (00.15 Fri & Sat)

9

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
19.35

WALL-E

Animation PV
(11.05 Sat & Sun) 13.30
Babylon A.D.
Vin Diesel, Michele Yeoh
15.55-18.00-20.10-22.20 (00.35 Fri & Sat)

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VILAMOURA
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Babylon A.D.
Vin Diesel, Michele Yeoh
15.30-18.30-21.30

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1 Kung Fu Panda
Animation PV
14.00-16.50-19.10

Mamma Mia!

Meryl Streep, Colin Firth
21.30 (00.00 Fri & Sat)

2

Mamma Mia!
Meryl Streep, Colin Firth
13.25-16.00-18.30-21.30 (00.00 Fri & Sat)

3

Meet Dave
Eddie Murphy, Gabrielle Union
13.20-15.25-17.30-19.30-21.50
(00.20 Fri & Sat)

4

Babylon A.D.
Vin Diesel, Michele Yeoh
12.55-15.00-17.05-19.05-21.05
(23.40 Fri & Sat)

5

WALL-E
Animation PV
13.00-15.05-17.10-19.15

Home of the Brave
Samuel L. Jackson, Jessica Biel
21.20 (23.45 Fri & Sat)



6

Step Brothers
Will Ferrell, John C. Reilly
13.50-16.40-19.00-21.15 (23.30 Fri & Sat)

7

Tropic Thunder
Ben Stiller, Robert Downey Jr
13.40-16.30-18.55-21.25 (23.55 Fri & Sat)

8

Mirrors
Kiefer Sutherland, Paula Patton
13.40-16.20-18.50-21.40 (00.10 Fri & Sat)

9

You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
13.35-16.10-18.40-21.10 (23.50 Fri & Sat)

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25 SEP-1 OCT



1 Mamma Mia!

Meryl Streep, Colin Firth
13.40-16.10-18.40-21.40 (00.05 Fri & Sat)

2

Harold & Kumar: Escape from Guantanamo Bay
John Cho, Kai Penn
13.50-16.20-18.50-21.50 (00.20 Fri & Sat)

3

Babylon A.D.
Vin Diesel, Michele Yeoh
14.00-16.30-19.00-22.00 (00.15 Fri & Sat)

4

WALL-E
Animation PV
13.10-15.10-17.15-19.20
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
21.20 (23.45 Fri & Sat)

5

You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
13.20-15.50-18.20-21.10 (23.50 Fri & Sat)

6

Mirrors
Kiefer Sutherland, Paula Patton
13.30-16.00-18.30-21.30 (23.55 Fri & Sat)

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Mamma Mia!
Meryl Streep, Colin Firth
Tropic Thunder
Ben Stiller, Robert Downey Jr

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Adam Sandler, Emmanuelle Chriqui
Mamma Mia!
Meryl Streep, Colin Firth
Tropic Thunder
Ben Stiller, Robert Downey Jr
Journey to the Center of the Earth
(3D)

Brendan Fraser, Josh Hutcherson
Wanted
James McAvoy, Angelina Jolie

Superhero Movie
Drake Bell, Sara Paxton
The Mummy: Tomb of the Dragon Emperor
Brendan Fraser, Jet Li

Meet Dave
Eddie Murphy, Gabrielle Union
Babylon A.D.
Vin Diesel, Michele Yeoh

Kung Fu Panda
Animation PV
Hellboy II: The Golden Army
Ron Perlman, Selma Blair

WALL-E
Animation OV & PV

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Mirrors

Kiefer Sutherland, Paula Patton
Tropic Thunder
Ben Stiller, Robert Downey Jr

The Air I Breathe
Forest Whitaker, Sarah Michelle Gellar

You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
WALL-E
Animation PV

Meet Dave
Eddie Murphy, Gabrielle Union
Mamma Mia!
Meryl Streep, Colin Firth

Babylon A.D.
Vin Diesel, Michele Yeoh
Wanted
James McAvoy, Angelina Jolie

Journey to the Center of the Earth
(3D)
Brendan Fraser, Josh Hutcherson

Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Nim's Island
Abigail Breslin, Jodie Foster

Batman: The Dark Knight
Christian Bale, Heath Ledger
Bienvenue Chez Les Ch'tis
Kad Merad, Dany Boon

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Mamma Mia!
Meryl Streep, Colin Firth
Tropic Thunder
Ben Stiller, Robert Downey Jr

WALL-E
Animation PV
Batman: The Dark Knight
Christian Bale, Heath Ledger

Get Smart
Steve Carell, Anne Hathaway
Babylon A.D.
Vin Diesel, Michele Yeoh

Journey to the Center of the Earth
(3D)
Brendan Fraser, Josh Hutcherson

Death of a President
Hend Ayoub, Brian Boland

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25 SEP-1 OCT

Step Brothers
Will Ferrell, John C. Reilly
Journey to the Center of the Earth
(3D)

Brendan Fraser, Josh Hutcherson
Mamma Mia!
Meryl Streep, Colin Firth

You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
Tropic Thunder
Ben Stiller, Robert Downey Jr

WALL-E
Animation PV
Meet Dave
Eddie Murphy, Gabrielle Union

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25 SEP-1 OCT

WALL-E
Animation PV & OV
Tropic Thunder
Ben Stiller, Robert Downey Jr

Mamma Mia!
Meryl Streep, Colin Firth
Babylon A.D.
Vin Diesel, Michele Yeoh

Journey to the Center of the Earth
(3D)
Brendan Fraser, Josh Hutcherson

Home of the Brave
Samuel L. Jackson, Jessica Biel
WALL-E
Animation PV

Kung Fu Panda
Animation PV
Nim's Island
Abigail Breslin, Jodie Foster

You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
Superhero Movie
Drake Bell, Sara Paxton

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Mamma Mia!

Meryl Streep, Colin Firth
Superhero Movie
Drake Bell, Sara Paxton

Wanted
James McAvoy, Angelina Jolie
WALL-E
Animation PV

Get Smart
Steve Carell, Anne Hathaway

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Mirrors

Kiefer Sutherland, Paula Patton
Step Brothers
Will Ferrell, John C. Reilly

Tropic Thunder
Ben Stiller, Robert Downey Jr
Kung Fu Panda
Animation PV

Get Smart
Steve Carell, Anne Hathaway
Aquele Querido Mês de Agosto
Sónia Bandeira, Fábio Oliveira

Batman: The Dark Knight
Christian Bale, Heath Ledger
Meet Dave
Eddie Murphy, Gabrielle Union

WALL-E
Animation PV & OV
Mamma Mia!
Meryl Streep, Colin Firth

Sex and the City: The Movie
Sarah Jessica Parker, Kim Cattrall
Journey to the Center of the Earth
(3D)

Brendan Fraser, Josh Hutcherson
Babylon A.D.
Vin Diesel, Michele Yeoh

You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
The Air I Breathe
Forest Whitaker, Sarah Michelle Gellar

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Gomorra
Toni Servillo, Gianfelice Imparato

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Mamma Mia!
Meryl Streep, Colin Firth
Journey to the Center of the Earth
(3D)

Brendan Fraser, Josh Hutcherson
Babylon A.D.
Vin Diesel, Michele Yeoh

Tropic Thunder
Ben Stiller, Robert Downey Jr
You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui

WALL-E
Animation PV
Mirrors
Kiefer Sutherland, Paula Patton

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25 SEP-1 OCT



Tropic Thunder

Ben Stiller, Robert Downey Jr
Mamma Mia!
Meryl Streep, Colin Firth

Babylon A.D.
Vin Diesel, Michele Yeoh
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Batman: The Dark Knight
Christian Bale, Heath Ledger
Hellboy II: The Golden Army
Ron Perlman, Selma Blair
Star Wars: The Clone Wars
Animation PV

LUSOMUNDO
ODIVELAS PARQUE
TEL: 707 246362
25 SEP-1 OCT

Tropic Thunder

Ben Stiller, Robert Downey Jr
Mamma Mia!
Meryl Streep, Colin Firth

Journey to the Center of the Earth
(3D)
Brendan Fraser, Josh Hutcherson

You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
Babylon A.D.
Vin Diesel, Michele Yeoh

Meet Dave
Eddie Murphy, Gabrielle Union
Mirrors
Kiefer Sutherland, Paula Patton

WALL-E
Animation PV

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WALL-E
Animation PV

Mirrors
Kiefer Sutherland, Paula Patton
Superhero Movie
Drake Bell, Sara Paxton

LUSOMUNDO
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TEL: 707 246362
25 SEP-1 OCT

Superhero Movie
Drake Bell, Sara Paxton
Journey to the Center of the Earth
(3D)

Brendan Fraser, Josh Hutcherson
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Mirrors
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LUSOMUNDO
VASCODA GAMA
TEL: 707 246362
25 SEP-1 OCT

Tropic Thunder
Ben Stiller, Robert Downey Jr
Step Brothers
Will Ferrell, John C. Reilly

You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui
WALL-E
Animation PV

Journey to the Center of the Earth
(3D)
Brendan Fraser, Josh Hutcherson

Mamma Mia!
Meryl Streep, Colin Firth
Babylon A.D.
Vin Diesel, Michele Yeoh

WALL-E
Animation PV
Kung Fu Panda
Animation PV

Nim's Island
Abigail Breslin, Jodie Foster
You Don't Mess With The Zohan
Adam Sandler, Emmanuelle Chriqui

Superhero Movie
Drake Bell, Sara Paxton

OV = Original Version
PV = Portuguese Version



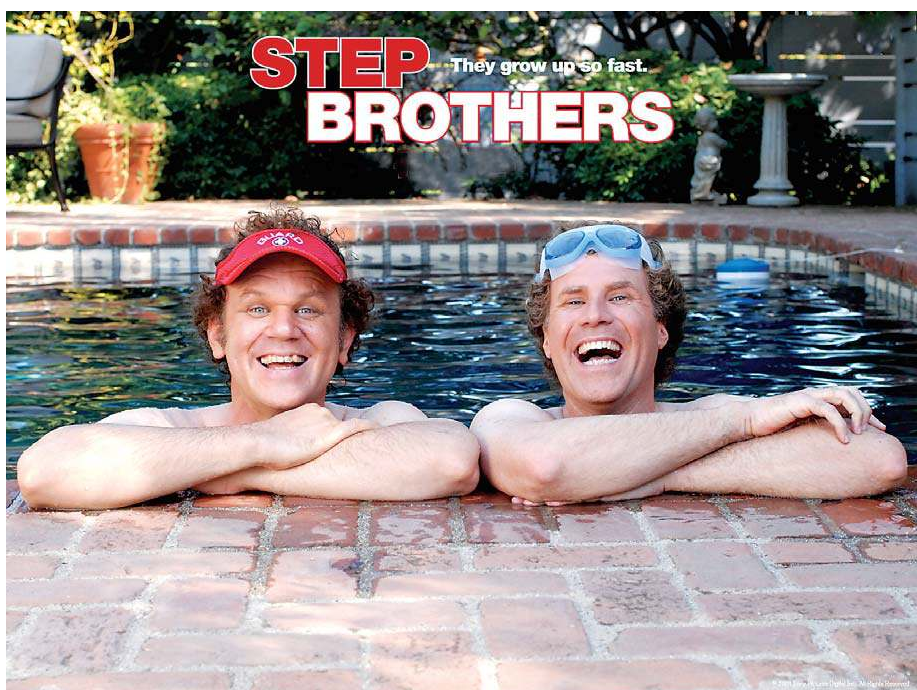


It's been nearly a year since volatile detective Ben Carson (Kiefer Sutherland) was suspended from the NYPD for fatally shooting another undercover officer, an accident that not only cost him his job, but fuelled the alcoholism and anger that has alienated his wife and kids and left him crashing on his sister's couch in Queens. Desperate to pull his life together, Carson takes a job as a night watchman at the burned-out ruins of the Mayflower department store, which was destroyed by a massive fire that devoured numerous innocent lives. As Carson patrols the eerie, charred remains of the store, he begins to notice something sinister about the ornate mirrors that adorn the Mayflower walls. Reflected in the gigantic shimmering glass are horrific images that stun Carson.



Beyond projecting gruesome images of the past, the mirrors appear to be manipulating reality as well. When Carson sees his own reflection being tortured, he suffers the physical effects of his fractured visions. His sympathetic but sceptical sister Angela (Amy Smart) dismisses these bizarre nightmares as a consequence of his stress and guilt over the accidental shooting, but Carson's estranged wife Amy (Paula Patton), a no-nonsense NYPD medical examiner, is less forgiving. Her husband's increasingly erratic behaviour

frightens her, pushing his family farther away - and, she fears, it's putting their children (Cameron Boyce, Erica Gluck) in danger. As Carson investigates the mysterious disappearance of the previous Mayflower security guard and its possible connection to his ghastly visions, he realizes that a malevolent, otherworldly force is using reflections as a gateway to terrorize him and his family. Carson must somehow uncover the truth behind the mirrors - and convince Amy to help him battle the greatest evil he has ever faced.



It's the story of a lovely lady named Nancy Huff (Mary Steenburgen), who was busy raising two boys on her own, one of whom never really grew up. Obnoxious Derek (Adam Scott) became a successful private helicopter leasing agent, but his older brother, 39-year-old Brennan (Will Ferrell), couldn't even hold down a job at the local PetSmart and still lives with his widowed mom. Meanwhile, divorced Dr. Robert Doback (Richard Jenkins) is busy with Dale (John C. Reilly), a 40-year-old college drop-out with a sense of entitlement who also never sufficiently matured enough to move out and get a life. One might think two guys like Brennan and Dale would have a lot in common, but when Nancy and Robert marry and decide to move into the Doback household, all hell breaks loose. Possessive towards his mother and angry about the upheaval in his coddled life, Brennan declares his hatred for Dale, insists upon coldly calling his new step-father "Mr. Doback" and messes around with Dale's precious drum kit even after being told he must never, ever lay a finger on it. Dale, angry about having to share his room with his new step-brother and his father with the woman he simply

calls Nancy, returns Brennan's hatred. As their narcissism and downright aggressive laziness threaten to tear the family apart,

these two middle-aged, immature, overgrown boys will orchestrate an insane, elaborate plan to bring their parents back

together. To pull it off, they must form an unlikely bond that maybe, just maybe, will finally get them out of the house.



Writer-director Adam McKay's third comedy features the inspired pairing of *Talladega Nights* stars Will Ferrell and John C. Reilly, two actors smart enough to play dumb and make it work.

CELEB NEWS

Mafia classic *The Godfather* has beaten *Raiders Of The Lost Ark* and *Star Wars: Episode V - The Empire Strikes Back* to be named the greatest movie of all time in a new poll. Director **Francis Ford Coppola's** 1972 film, which starred **Marlon Brando** and **Al Pacino**, topped Britain's *Empire* magazine survey to find the best picture ever. More than 10,000 movie fans, critics and filmmakers, including **Quentin Tarantino** and **Mike Leigh**, took part in the poll. **Steven Spielberg's** *Indiana Jones* movie *Raiders of the Lost Ark* came in second place, and the 1980 *Star Wars* film came third.

The top 10 is as follows:

1. *The Godfather* (1972) 2. *Raiders of the Lost Ark* (1981) 3. *Star Wars: Episode V - The Empire Strikes Back* (1980) 4. *The Shawshank Redemption* (1994) 5. *Jaws* (1975) 6. *Goodfellas* (1990) 7. *Apocalypse Now* (1979) 8. *Singin' in the Rain* (1952) 9. *Pulp Fiction* (1994) 10. *Fight Club* (1999). **«««»» Angelina Jolie** and **Brad Pitt** have moved their family to Germany after leaving the French chateau they have called home for the last five months. Reports state the family will be staying in Germany for about 90 days in a villa south of Berlin. Pitt is due to begin filming the new **Quentin Tarantino** film *Inglorious Bastards* there next month. The 30,000 square-foot Palais Parkschloss on Wannsee Lake boasts a private helicopter landing pad, a dock and a full security system equipped with a staff of 14 bodyguards. Jolie and Pitt - who signed a longterm lease on the French estate - have yet to confirm if they have purchased or rented the property. **«««»» Desperate Housewives** actress **Dana Delany** does not worry about staying thin - because she has seen her skinny co-stars become hung up on losing weight. The actress appeared in the fourth season of the ABC show last summer and has now become a regular character in season five. And Delany admits that when she first joined the cast, she was taken aside by one of the wardrobe designers and warned not to fall prey to the pressure of staying slim, like other actresses in the series. She says, "When the costume designer said to me, 'Don't get the Desperate Housewives disease' I didn't know what it was. But she said everyone loses so much weight when they come on the show. There is an unspoken competitive weightloss thing. Even the actress who plays my daughter lost 10 pounds". But the star insists that she didn't fall prey to the "disease" and actually gained weight during her stint on set. And she admits there is only one star in the show who doesn't struggle with her weight. She adds, "I've known Teri Hatcher for years and she has always been a naturally skinny girl". **«««»»**

Actress **Julia Stiles** is set to make her Broadway debut with a reprisal of her role in hit play *Oleanna*. *The Bourne Identity* star first tackled the two-person show opposite **Aaron Eckhart** on London's West End stage in 2004. She tells the New York Post, "I'm coming to Broadway. I'm so excited... It's where I started. I did shows off-Broadway. I did plays at La Mama. And I'm now going to do **David Mamet's** *Oleanna*. The one project I most want to do. "By the end of the play pretty much everyone hates me. But I only know this will be my first time on Broadway. It's a dream of mine". *Oleanna* tells the story of a power struggle between a university professor and one of his female students who accuses him of sexual harassment. A date for its debut has not been officially announced. **«««»»** Disney bosses are hoping to cash in on the success of the *Pirates Of The Caribbean* movie series - by taking another theme park attraction to the big screen. The swashbuckling adventures started life as a ride at Disneyland, California. And movie executives have headed back to the magical kingdom, this time to create a movie based on Tomorrowland, a futuristic section of the same theme park. According to *Daily Variety*, **Dwayne Johnson** - aka **The Rock** - is being lined up to star in the space-based movie. **«««»»**

Star Trek icon **William Shatner** is set to turn his sci-fi novels into a series of comic books. The actor has teamed up with illustrators at BlueWater Productions to adapt his stories into graphic novels. He tells the Los Angeles Times newspaper, "They will be in the stores in March of 2009. I loved comics as a kid and. I used to sit under the sheets with a flashlight and read Superman when I was six in Montreal, and now, with the comics as they are today, it's thrilling". **«««»»** **Shia LaBeouf** was in for a scare when he started filming new action thriller *Eagle Eye* - because CIA operatives gave him a taste of what they have on file about him. The actor thought the film, in which he plays a man who is stalked by invisible special agents, was pure fiction - until he realised operatives have telephone conversations and insider information on all celebrities. He says, "It is reality... The scary thing is sitting down with CIA operatives, who use this stuff. They played me back phone conversations I've had. It was extremely embarrassing". **«««»»**

NORTH

UCI CINEMAS
ARRABIDA SHOPPING
TEL: 707 23 22 21
25 SEP-1 OCT

Mirrors

Kiefer Sutherland, Paula Patton

Step Brothers

Will Ferrell, John C. Reilly

Tropic Thunder

Ben Stiller, Robert Downey Jr

The Air I Breathe

Forest Whitaker, Sarah Michelle Gellar

You Don't Mess With The Zohan

Adam Sandler, Emmanuelle Chriqui

Babylon A.D.

Vin Diesel, Michele Yeoh

WALL-E

Animation PV & OV

Wanted

James McAvoy, Angelina Jolie

The Mummy: Tomb of the Dragon

Emperor

Brendan Fraser, Jet Li

Kung Fu Panda

Animation PV

The X-Files: I Want to Believe

David Duchovny, Gillian Anderson

Home of the Brave

Samuel L. Jackson, Jessica Biel

Batman: The Dark Knight

Christian Bale, Heath Ledger

Get Smart

Steve Carell, Anne Hathaway

Hellboy II: The Golden Army

Ron Perlman, Selma Blair

Nim's Island

Abigail Breslin, Jodie Foster

Mamma Mia!

Meryl Streep, Colin Firth

Meet Dave

Eddie Murphy, Gabrielle Union

Aquele Querido Mês de Agosto

Sônia Bandeira, Fábio Oliveira

Superhero Movie

Drake Bell, Sara Paxton

Tropa de Elite

Wagner Moura, André Ramiro

Journey to the Center of the Earth

(3D)

Brendan Fraser, Josh Hutcherson

Bienvenue Chez Les Ch'tis

Kad Merad, Dany Boon

Gomorra

Toni Servillo, Gianfelice Imparato

LUSOMUNDO
FORUM AVEIRO
TEL: 707 246362
25 SEP-1 OCT

Tropic Thunder

Ben Stiller, Robert Downey Jr

Babylon A.D.

Vin Diesel, Michele Yeoh

Batman: The Dark Knight

Christian Bale, Heath Ledger

Get Smart

Steve Carell, Anne Hathaway

WALL-E

Animation PV

Superhero Movie

Drake Bell, Sara Paxton

Mamma Mia!

Meryl Streep, Colin Firth

Nim's Island

Abigail Breslin, Jodie Foster

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25 SEP-1 OCT

Mirrors

Kiefer Sutherland, Paula Patton

You Don't Mess With The Zohan

Adam Sandler, Emmanuelle Chriqui

Kung Fu Panda

Animation PV

Journey to the Center of the Earth

(3D)

Brendan Fraser, Josh Hutcherson

Harold & Kumar: Escape from

Guantanamo Bay

John Cho, Kal Penn

Wanted

James McAvoy, Angelina Jolie

Mamma Mia!

Meryl Streep, Colin Firth

The Mummy: Tomb of the Dragon

Emperor

Brendan Fraser, Jet Li

OV = English Version
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25 SEP-1 OCT

Tropic Thunder

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Mamma Mia!

Meryl Streep, Colin Firth

Hellboy II: The Golden Army

Ron Perlman, Selma Blair

Aquele Querido Mês de Agosto

Sônia Bandeira, Fábio Oliveira

Harold & Kumar: Escape from

Guantanamo Bay

John Cho, Kal Penn

WALL-E - Animation PV

Made of Honor

Patrick Dempsey, Michelle Monaghan

The X-Files: I Want to Believe

David Duchovny, Gillian Anderson

Kung Fu Panda

Animation PV

Indiana Jones and the Kingdom of

the Crystal Skull

Harrison Ford, Shia LaBeouf

Nim's Island

Abigail Breslin, Jodie Foster

Batman: The Dark Knight

Christian Bale, Heath Ledger

Christian Bale, Heath Ledger

LUSOMUNDO
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25 SEP-1 OCT

Mirrors

Kiefer Sutherland, Paula Patton

You Don't Mess With The Zohan

Adam Sandler, Emmanuelle Chriqui

Superhero Movie

Drake Bell, Sara Paxton

WALL-E

Animation Digital PV

Journey to the Center of the Earth

(3D)

Brendan Fraser, Josh Hutcherson

Mamma Mia!

Meryl Streep, Colin Firth

Babylon A.D.

Vin Diesel, Michele Yeoh

LUSOMUNDO
FOZ PLAZA
TEL: 707 246362
25 SEP-1 OCT

Get Smart

Steve Carell, Anne Hathaway

WALL-E - Animation PV

Journey to the Center of the Earth

(3D)

Brendan Fraser, Josh Hutcherson

Mamma Mia!

Meryl Streep, Colin Firth

Babylon A.D.

Vin Diesel, Michele Yeoh

Superhero Movie

Drake Bell, Sara Paxton

LUSOMUNDO
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Babylon A.D.

Vin Diesel, Michele Yeoh

WALL-E - Animation PV

Journey to the Center of the Earth

(3D)

Brendan Fraser, Josh Hutcherson

Mamma Mia!

Meryl Streep, Colin Firth

Get Smart

Steve Carell, Anne Hathaway

Superhero Movie

Drake Bell, Sara Paxton

LUSOMUNDO
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25 SEP-1 OCT

Mamma Mia!

Meryl Streep, Colin Firth

You Don't Mess With The Zohan

Adam Sandler, Emmanuelle Chriqui

Get Smart

Steve Carell, Anne Hathaway

Aquele Querido Mês de Agosto

Sônia Bandeira, Fábio Oliveira

WALL-E

Animation PV

Journey to the Center of the Earth

(3D)

Brendan Fraser, Josh Hutcherson

Babylon A.D.

Vin Diesel, Michele Yeoh

Superhero Movie

Drake Bell, Sara Paxton

LUSOMUNDO
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25 SEP-1 OCT

Tropic Thunder

Ben Stiller, Robert Downey Jr

Kung Fu Panda

Animation PV

WALL-E

Animation PV

Mamma Mia!

Meryl Streep, Colin Firth

Superhero Movie

Drake Bell, Sara Paxton

Babylon A.D.

Vin Diesel, Michele Yeoh

Harold & Kumar: Escape from

Guantanamo Bay

John Cho, Kal Penn

LUSOMUNDO
PALÁCIO DO GELO
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Step Brothers

Will Ferrell, John C. Reilly

Mamma Mia!

Meryl Streep, Colin Firth

Batman: The Dark Knight

Christian Bale, Heath Ledger

Shrooms

Lindsey Haun, Jack Huston

Kung Fu Panda

Animation PV

Journey to the Center of the Earth

(3D)

Brendan Fraser, Josh Hutcherson

You Don't Mess With The Zohan

Adam Sandler, Emmanuelle Chriqui

LUSOMUNDO
FORUM VIZELA
TEL: 707 246362
25 SEP-1 OCT

Mamma Mia!

Meryl Streep, Colin Firth

Night Watching

Martin Freeman, Emily Holmes

Kung Fu Panda

Animation PV

Superhero Movie

Drake Bell, Sara Paxton

LUSOMUNDO
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25 SEP-1 OCT

Tropic Thunder

Ben Stiller, Robert Downey Jr

Mamma Mia!

Meryl Streep, Colin Firth

Superhero Movie

Drake Bell, Sara Paxton

Step Brothers

Will Ferrell, John C. Reilly

Meet Dave

Eddie Murphy, Gabrielle Union

WALL-E

Animation PV

Journey to the Center of the Earth

(3D)

Brendan Fraser, Josh Hutcherson

Babylon A.D.

Vin Diesel, Michele Yeoh

Get Smart

Steve Carell, Anne Hathaway

Kung Fu Panda

Animation PV

You Don't Mess With The Zohan

Adam Sandler, Emmanuelle Chriqui

LUSOMUNDO
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TEL: 707 246362
25 SEP-1 OCT

Mamma Mia!

Meryl Streep, Colin Firth

You Don't Mess With The Zohan

Adam Sandler, Emmanuelle Chriqui

Get Smart

Steve Carell, Anne Hathaway

Journey to the Center of the Earth

Brendan Fraser, Josh Hutcherson



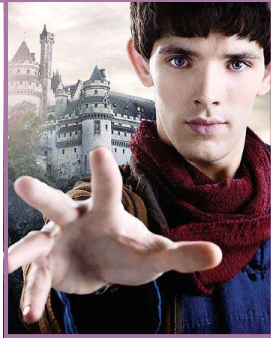
SAT

The Portugal News TV Guide • 27 Sep 2008 • 51

27 SEP

BBC1

- 6.00 Breakfast. (T) 10.00 Saturday Kitchen. (T) 11.30 What to Eat Now. (R) (T) 12.00 BBC News; Weather. (T) 12.10 Football Focus. (T) 1.00 Live Cycling. The World Road Championships. (T) 2.00 Live Golf: British Masters. The third day's play at the Belfry. Continues on BBC2. (T) 4.30 Final Score. (T)
- 5.10 BBC News; Regional News; Weather. (T)
- 5.30 Hole-in-the-Wall. Entertainment show, hosted by Dale Winton. (T)
- 6.00 Merlin. Knight Valiant arrives in Camelot to compete in the annual sword-fighting tournament, and Merlin realises the combatant has a ruse that could spell death for Arthur. (T)
- 6.45 Strictly Come Dancing. The celebrity women compete to stay in the contest. The result can be seen tomorrow. (T)
- 8.05 The National Lottery: Who Dares Wins. Game show in which two pairs of complete strangers team up, each battling to outdo the other by listing as much as they know about a given subject, from Madonna's hit singles to the countries of Africa. The first couple to win two rounds gets to play for #50,000 and each time the champions defeat a new set of opponents they get to play for more money. Nick Knowles presents. Featuring the all-important Lotto, Dream Number and Thunderball draws, with Jenni Falconer. (T)
- 8.55 Casually. Adam continues to treat Nick Jordan with suspicion, whereas Ruth appears to be enjoying the heart surgeon's new leadership. A fight in a garage leads to a serious accident, Zoe receives her test results, and an elderly lady is brought in after a suspected overdose, which may have been assisted by one of her daughters. Michael French and Tristan Gemmill star. (T)
- 9.45 BBC News; Weather; (T) National Lottery Update. (T)
- 10.05 Match of the Day. Gary Lineker presents highlights of today's Premier League clashes, including the Merseyside derby between Everton and Liverpool at Goodison Park, where the hosts will be determined to gain revenge following their 2-1 defeat at the hands of the Reds last season. Plus, Manchester United take on Bolton Wanderers at Old Trafford, Hull City face a tough task against Arsenal at the Emirates Stadium and Gianfranco Zola's West Ham head to Craven Cottage for a clash with Fulham. (T)
- 11.25 FILM: Point Break (1991). Thriller, with Keanu Reeves and Patrick Swayze. (T)
- 1.20 Friday Night with Jonathan Ross; (R) (T) Weatherview. (T) 2.25 BBC News. (T) 5.45 Live MotoGP. The Japanese Grand Prix. (T)



BBC2

- 6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Roar. (R) (T) 8.00 The Secret Show; (R) (T) The Owl. (R) (T) 8.30 Gimme a Break. (T) 9.00 TMI. New series of the children's entertainment show. (T) 10.00 Lockie Leonard. (T) 10.30 Hot Rods; (T) Prank Patrol Pocketsize. (R) (T) 11.00 The Story of Tracy Beaker. (R) (T) 11.30 Elliot Kid. (T) 11.45 Sportsround. (T) 12.00 BBC Switch: Sound. (T) 12.30 BBC Switch: Scene Stealers. (T) 1.00 BBC Switch: Greek. (T) 1.45 Racing from Ascot. Including the 4.15 Queen Elizabeth II Stakes. (T) 4.30 Live Golf: British Masters. Further coverage of the third day's play at the Belfry. (T) 6.00 Cycling. (T) 7.05 The Hairly Bakers. Dave Myers and Simon King look at pies and pasties. (R) (T) 7.35 Dad's Army. The chief warden challenges Captain Mainwaring's platoon to a cricket match - the perfect setting for fiery Fred Trueman to bowl a few bouncers in a special guest appearance. (R) (T) 8.05 Timewatch - Stonehenge. New series. Investigation into the origins of the prehistoric site. (T) 9.00 Have I Got Old News for You. Hosted by Jo Brand. (R) (T) 9.30 Mock the Week. Dara O'Briain presents a compilation of the best bits. (R) (T) 10.00 Live at the Apollo. With Dara O'Briain, Stephen Kamos and Frankie Boyle. (R) (T) 10.45 The Day After Frankie. Jeremy Gilley's campaign to establish an official day of peace. (T) 12.05 FILM: Mosquito Squadron (1968). World War Two drama, starring David McCallum. (T) 1.35 FILM: A Nightingale Sang in Berkeley Square (1979). Crime drama, starring David Niven. (T) 3.20 Close.

Pick of the Day

Merlin (BBC1, 6pm)

With a shield bearing enchanted but hidden snakes, who await only his command to strike, the Knight Valiant rides into Camelot to compete in the annual sword-fighting tournament, as BBC One's adventure-packed family drama continues. As Arthur prepares to fight Valiant in the final, a disgruntled Merlin, still getting to grips with his many arduous duties as Arthur's new servant, discovers that Valiant is cheating. If Valiant unleashes the magical snakes upon him, Arthur will surely die. Merlin presents his evidence to Arthur, who has not exactly been impressed with Merlin's lack of talent for his new job. Arthur is initially dubious, but takes a leap of faith and decides to trust the youthful Merlin. Arthur makes his case to his father King Uther before the entire royal court, but is forced to withdraw the allegations. With his father disappointed in him, Arthur blames Merlin for his humiliation and dismisses him. Realising that he must master the magic that brings the snakes to life so he can expose Valiant and save Arthur, Merlin struggles through the night trying to learn the incantation. On the day of the tournament final, Merlin is running out of time...

C4

- 6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Goalissimo. (R) (T) 8.00 The Morning Line. (R) 8.55 T4: 4Music Presents: James Morrison. (R) (T) 9.25 T4: Friends. (R) (T) 9.55 T4: Friends. (R) (T) 10.30 T4: The Hills. (T) 11.00 T4: Friends. (R) (T) 11.30 T4: Friends. (R) (T) 12.00 T4: Reaper. (R) (T) 1.00 T4: Scrubs. (T) 1.30 T4: Scrubs. (T) 2.00 Channel 4 Racing from Haydock Park, Market Rasen and Chester. Including the 3.45 Betdaq The Betting Exchange H'cap Stakes (1m 2 1/2f). (T) 4.00 Supernanny. (T) 4.55 A Place in the Sun: Home or Away. (R) (T) 5.55 Channel 4 News. (T) 6.25 The Price of Property. (T) 7.30 FILM: The Lord of the Rings: The Return of the King (2003). As Frodo and Sam struggle to reach Mount Doom, their friends face the might of Sauron's forces. Conclusion of Peter Jackson's fantasy trilogy, with Viggo Mortensen. (T) 11.15 8 Out of 10 Cats. (R) (T) 11.50 4Music: Live from Abbey Road. (T) 12.55 FILM: Natural Born Killers (1994). Director's cut of the controversial thriller, with Woody Harrelson. (T) 2.55 FILM: Dragonwyck (1946). Gothic melodrama, starring Gene Tierney. (b)w 4.40 St Elsewhere. Ellen trusts her granddaughter into Craig's care. (R) (T) 5.25 Countdown. (R) (T)

FIVE

- 6.00 Sunrise. 7.00 Milkshake! Harry and His Bucket Full of Dinosaurs. (T) 7.10 Little Lodgers. (T) 7.15 The Save-Ums! (R) (T) 7.25 Funky Valley. (R) (T) 7.35 Fanny's Feet. (R) (T) 7.50 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 8.10 Little Princess. (R) (T) 8.20 Miss Spider's Sunny Patch Friends. (R) (T) 8.35 The Beeps. (T) 8.55 Fireman Sam. (R) (T) 9.10 Rupert Bear. (R) (T) 9.20 Animal Families. (R) (T) 9.40 The Secret of Eel Island. (R) (T) 10.00 Fifth Gear. (R) (T) 11.00 Axe Men. (R) (T) 12.00 Axe Men. (R) (T) 1.00 Extreme Fishing with Robson Green. (R) (T) 2.00 Zoo Days. (R) (T) 2.30 FILM: Mystery Woman: Mystery Weekend (2005). Whodunit, starring Kellie Martin. (T) 4.15 FILM: That Darn Cat (1997). Disney comedy remake, starring Christina Ricci. (T) 6.00 FILM: See No Evil, Hear No Evil (1989). Comedy reuniting Richard Pryor and Gene Wilder as a blind man and his deaf friend who go on the run to escape a trumped-up murder charge. With Kevin Spacey. (T) 7.35 five news and sport. (T) 7.50 NCIS. The agents go after an arms dealer in possession of the Navy's encrypted satellite system as he is offering to sell it to the highest bidder. Guest starring Armand Assante. (R) (T) 8.45 NCIS. A sailor's body is discovered in a disused restaurant. The corpse has an unusually high blood alcohol level, and Abby's analysis reveals he was poisoned. (R) (T) 9.45 CSI: Crime Scene Investigation. A speeding rubbish truck leads the team to two bodies. (R) (T) 10.45 Law & Order: Criminal Intent. (R) (T) 11.45 Women Who Kill. (R) (T) 12.15 Quiz Call. 4.25 Game Ranger Diaries. (R) (T) 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

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ITV1

- 5.30 ITV Morning News. (T) 6.00 GMTV. 9.25 CITV: Captain Mack. (R) (T) 9.40 Planet Sketch. (R) (T) 9.50 Coronation Street. (T) 12.05 ITV News and Weather. (T) 12.10 London Today; Weather. (T) 12.15 FILM: The Four Musketeers (1974). Swash-buckling sequel, starring Oliver Reed. (T) 2.10 F1: Singapore Grand Prix Qualifying. The battle for pole position at the Singapore Street Circuit. (T) 4.30 Agatha Christie's Poirot. (R) (T)
- 5.30 London Tonight; Weather. (T)
- 5.45 ITV News and Weather. (T)
- 6.00 You've Been Framed! Family Special. Comedian Harry Hill narrates a special family edition of the show, with camcorder calamities including a hamster doing chin-ups, a grandma on a pogo stick and a wedding on a bungee rope. (T)
- 7.00 All Star Family Fortunes. Former boxer Barry McGuigan and Loose Women presenter Coleen Nolan pit themselves and their families against one another in the popular game show, hoping their answers to questions posed to the public will carry them through to the final round and the chance to win #30,000 for their chosen charities. Vernon Kay asks the questions. (T)
- 7.45 The X Factor. The first of two programmes in which the successful contestants from the last six weeks of auditions enter the bootcamp stage of the contest held at London's O2 arena. Judges Simon Cowell, Cheryl Cole, Louis Walsh and Dannii Minogue set the hopefuls a series of challenges to put them through their paces as the singers move another step closer to the live stages and a recording contract. Continues tomorrow at 7pm. (T)
- 9.15 FILM: The Island (2005). Premiere. A curious inhabitant of a futuristic biosphere discovers the restricted society is a mask for more sinister activities. Sci-fi thriller, with Ewan McGregor and Scarlett Johansson. Continues after ITV News and Weather. (T)
- 10.15 ITV News and Weather; Weather. (T) 10.30 FILM: The Island (2005). Concluded. (T) 12.05 Bingo Night Live. 1.15 Nightwatch with Steve Scott: Crime; (R) (T) ITV News Headlines. 2.10 FILM: Rules of Engagement (2000). Courtroom drama, starring Tommy Lee Jones and Samuel L. Jackson. (T) 4.15 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL

- RTP1**
0600 Childrens TV 0800 Bom Dia Portugal 1100 Sentido do Gosto 1130 Desafio Verde 1230 Contra 1300 News 1415 Top 1150 March of the Penguins 1700 Visados no Amor, film 1900 Viva Faia 2000 News 2100 A Voz do Cidadão 2115 Jogo Duplo 2215 Ainda bem que apareceste 2315 Footbal: Sagres League Review 2345 GNR: GNR at Atlantic Pavilion 0115 Cold Case 0215 0230 Infiltrados 3 0430 O Julgamento de Tony Blair, film 0545 Top + 0645 Hora da Sorte
- RTP2**
0700 Euronews 0730 Africa 7 Dias 0800 News 0830 Km Zero 0900 Open University 0945 A Alma e a Gente 1015 Biosfera 1100 Bastidores 1130 Recantos 1200 Histórias da Vida da Terra 1230 Percursos da Música Portuguesa 1300 Kuduro, Fogo no Museke 1400 Parlamento 1500 Sports 1900 Entre Pratos 1930 Km Zero 2000 Kaboom 2045 Semprempê - vídeos 2100 Diga Lá Excelência 2145 A Hora da Sorte 2200 News 2240 O Tesouro da Serra Madre, film 0030 A Fortaleza Escondida, film 0230 Sports 0630 Euronews
- OS**
0600 ElNiño 0645 Sick Kids 0830 Disney Kids 1030 Programa da Lucy 1200 Our World (Life of Mammals) 1300 News 1400 Special Episode 1500 Film TBA 1715 Film TBA 2000 News 2130 Maré Alta 2230 Os Malucos do Riso 2330 A Favorita 0030 CSI New York 0130 Jericho 0230 Todos em Linha 0400 Beautiful Girl, film
- TVI**
0700 Childrens TV 0930 Smackdown Wrestling 1030 Detective Maravilhas 1115 Delux 1215 Antevésio 1300 News 1400 Bionic Woman 1500 Bionic Woman, Series 1600 Cheetah Girl, film 18 Bruce Almighty 2000 News 2130 Felício de Amor 2230 A Outra 2330 Fascínios 0030 Nascidos das Sombras, film 0230 Sempre a Soma 0430 H2O, Series 0530 Telesalar

Best of the Rest

BBC3

- 7.00 Three's Outtakes 7.15 Mind, Body & Kick Ass Moves 7.45 Mind, Body & Kick Ass Moves 8.15 Dog Borsal 9.15 The Most Annoying Pop Moments - We Hate to Love 11.45 Two Pints of Lager and a Packet of Crisps 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Massive 1.15 The Wrong Door 1.40 Three's Outtakes 2.10 Two Pints of Lager and a Packet of Crisps 2.40 Two Pints of Lager and a Packet of Crisps 3.10 Mind, Body & Kick Ass Moves 3.40 Mind, Body & Kick Ass Moves 4.10 Massive 4.40 The Wrong Door 5.10 Close

BBC4

- 7.00 Arena: Philip Hoare's Guide to Whales 7.10 Civilisation 8.05 The Shock of the New 8.00 Simon Schama's Power of Art 10.00 Imagine 10.50 Mark Lawson Talks to Melvyn Bragg 11.50 The Photographer, His Wife and Her Lover 1.10 The Late Show 1.55 Visions of Space 2.55 Mark Lawson Talks to Melvyn Bragg 4.00 Close

ITV2

- 1.05 Nanny 911 2.00 Smallville 3.00 ITV at the Movies 3.30 Planet's Funniest Animals 4.00 The Xtra Factor 5.00 All Star Family Fortunes 5.45 The Fashion Show 6.45 CelebAir 7.45 Holiday Homes from Hell 8.45 Planet's Funniest Animals 9.15 The Xtra Factor 10.15 Jack Osbourne: Celebrity Adrenaline Junkie 11.15 Katy Brand's Big Ass Show 11.45 The X Factor 1.15 The Xtra Factor 2.15 Entourage 2.40 The Fashion Show 3.30 Smallville 4.15 Nanny 911 5.05 When Soap Stars Sing

Sky1

- 1.00 Bones 2.00 Don't Forget the Lyrics US 3.00 Malcolm in the Middle 3.30 Malcolm in the Middle 4.00 Hairspray - The School Musical 5.00 American Gladiators 6.00 Celebrity Are You Smarter Than a 10 Year Old? 7.00 The Simpsons 7.30 The Simpsons 8.00 UK Border Force 9.00 Ross Kemp: A Kenya Special 10.30 Road Wars 11.30 Street Wars 12.30 Prison Break 1.30 Inside: The Border War 2.25 The Villa 3.20 Mile High 4.15 Miami Uncovered 5.10 Guilty!

UKTV Gold

- 1.05 What a Carry On! 1.35 Doctor Who 2.55 2point4 Children 3.35 My Family 4.15 Yes, Prime Minister 4.55 dinnerladies 5.35 Keeping Up Appearances 6.15 Last of the Summer Wine 7.00 Sorry! 7.45 My Family 8.25 One Foot in the Grave 9.00 Film: Patriot Games 15 (1992) 11.20 Film: Close Encounters of the Third Kind PG (1977) 2.00 Film: Columbo: Playback PG (1975) 3.20 Film: Columbo: A Deadly State of Mind PG (1975) 4.45 Film: Columbo: A Case of Immunity U (1975)

TCM

- 1.00 Kim U (1950) 3.00 The Red Shoes U (1948) 5.25 The Doctor's Dilemma U (1958) 7.15 Tribute to a Bad Man PG (1956) 9.00 The Fabulous Baker Boys 15 (1989) 11.05 Ryan's Daughter 15 (1970) 2.25 The Comedians PG (1967) 5.00 Dinner at Eight U (1933)

The Disney Channel

- Kids' programmes from 7am, except: 4.00 Film: Up, Up and Away! U (2000) Disney comedy, starring Robert Townsend.

MOVIES

Sky Movies Drama

- 6.00 Gideon PG (1999) 7.45 Switchback 15 (1997) 9.45 Breaking and Entering 15 (2006) 11.45 Columbo: The Murder of a Rock Star PG (1991) With Peter Falk 1.30 Modern Greats & Classics Close Up 2.00 The Good Shepherd 15 (2006) With Matt Damon. 5.00 Elizabeth: The Golden Age Special 5.20 Zodiac 15 (2007) With Jake Gyllenhaal. 8.00 We Are Marshall PG (2006) With Matthew McConaughey. 10.15 Lucky You PG (2007) With Eric Bana. 12.30 Midnight Express 18 (1978) With Brad Davis. 2.45 Whispers in the Dark 18 (1992) With Annabella Sciorra. 4.30 Desperate Rescue 12 (1992)

Sky Movies Comedy

- 6.00 Teenage Mutant Ninja Turtles II: The Secret of the Ooze PG (1991) 7.30 Tropic Thunder Special 8.00 Sgt Bilko PG (1996) 9.40 Mr Bean's Holiday PG (2007) 11.15 Me, Myself and Irene 15 (2000) With Jim Carrey. 1.20 Austin Powers: The Spy Who Sings PG (1997) With Mike Myers. 3.05 Phat Girlz 15 (2006) With Mo'Nique. 4.50 Teenage Mutant

- Ninja Turtles II: The Secret of the Ooze PG (1991) With Paige Turco. 6.25 Mr Bean's Holiday PG (2007) With Rowan Atkinson. 8.00 Me, Myself and Irene 15 (2000) With Jim Carrey. 10.00 Austin Powers: The Spy Who Sings PG (1997) With Mike Myers. 11.40 Austin Powers: International Man of Mystery PG (1997) With Mike Myers. 1.30 National Lampoon's Animal House 15 (1978) With John Belushi. 3.20 Phat Girlz 15 (2006) 5.00 Sgt Bilko PG (1996)

Sky Movies Action/Thriller

- 6.05 Godzilla PG (1998) 8.30 The 13th Warrior 15 (1999) 10.15 Firewalker 15 (1986) 12.05 Walker, Texas Ranger: Trial by Fire 12 (2005) With Chuck Norris. 1.40 Consenting Adults 15 (1992) With Kevin Kline. 3.25 The 13th Warrior 15 (1999) With Antonio Banderas. 5.10 Firewalker 15 (1986) With Chuck Norris. 7.00 300 15 (2006) With Gerard Butler. 9.00 Universal Soldier: The Return 18 (1999) With Jean-Claude Van Damme. 10.30 Tango & Cash 18 (1989) With Sylvester Stallone. 12.20 The Specialist 15 (1994) With Sylvester Stallone. 2.15 Thursday 18 (1998) With Thomas Jane. 3.55 Godzilla PG (1998)

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SPORT

Sky Sports 1

- 6.00 FIFA Futbol Mundial 6.30 Big League Weekend 1 7.00 Off The Bar 8.00 Champions League Weekly 8.30 Premier League Preview 9.00 Soccer AM 12.00 Soccer Saturday 12.30 Live Football Special: Everton v Liverpool (Kick-off 2.45pm). 3.00 Soccer Saturday 5.15 Live Saturday Night Football. Ipswich Town v Crystal Palace (Kick-off 5.20pm). 7.30 You're on Sky Sports! 8.25 Football First 10.15 Football First 11.45 Football First 1.15 Sky Sports Classics 1.30 Champions League Weekly 2.00 World Sport 2.30 Live Big Fight Special. Shane Mosley v Ricardo Mayorga. 5.00 Champions League Weekly 5.30 World Sport

Sky Sports 2

- 6.00 Campionato Italiano Superstars 6.30 Live Rugby Union. Wellington v Tasman Makos (Kick-off 6.30am). 8.30 Live Rugby Union. Canterbury v Hawke's Bay Kick-off (8.35am). 10.30 World Sport 11.00 Sailing 11.30 Racing News 12.00 Max Power 1.00 NFL: Total Access 2.00 Sailing 2.30 Live Premiership Rugby Union. Saracens v Northampton Saints (Kick-off 2.45pm). 5.00 NFL: Total Access 6.00 Max Power 7.00 Live Speedway. The Italian Grand Prix. 10.00 Premiership Rugby Union 12.00 NFL: Total Access 1.00 Spanish Football 2.30 Football First 4.00 Football First 5.30 Sailing

Sky Sports 3

- 6.00 Sports Unlimited 7.00 Friday Night Fight 9.00 Racing News 10.00 WWE: Smackdown 12.00 WWE: Bottom Line 1.00 Sportation 2.00 Friday Night Fight 4.00 Max Power 5.00 WWE: Smackdown 7.00 WWE: Bottom Line 8.00 Max Power 9.00

- Sports Unlimited 10.00 Extreme Championship Wrestling 11.00 WWE: Late Night - Smackdown 1.00 WWE: Late Night - Bottom Line 2.00 NFL: Total Access 3.00 NFL: America's Game 4.00 NFL: Total Access 5.00 X-Adventures 5.30 X-Adventures

British Eurosport

- 5.00 Live MotoGP. The Japanese Grand Prix 125cc qualifying session. 5.45 Live MotoGP. The Japanese Grand Prix MotoGP qualifying session. 7.00 Live MotoGP. The Japanese Grand Prix 250cc qualifying session. 8.00 Live Biathlon. The World Championship Summer Biathlon. 9.00 Live WTA Tennis. The China Open semi-finals. 10.45 Biathlon 11.00 Cycling 11.30 Live Cycling. The Road World Championships. 6.30 WTA Tennis 5.30 Biathlon 6.00 Biathlon 6.30 Live Table Tennis. The men's World Cup quarter-finals. 8.00 Cycling 9.00 MotoGP 10.30 Rallying 11.00 Cycling 12.00 Biathlon 12.30 Biathlon 1.00 Close 2.45 Live MotoGP. The Japanese Grand Prix 125cc race. 4.00 Live MotoGP. The Japanese Grand Prix 250cc race.

Sky Sports Xtra

- 6.00 Race World 7.00 Tight Lines 8.00 Max Power 9.00 NFL: America's Game 10.00 X-Adventures 10.30 Live Cricket. Day four of a County Championship match. 5.30 Campionato Italiano Superstars 6.00 Sports Unlimited 7.00 Live Spanish Football. Real Betis v Real Madrid (Kick-off 7.00pm). 9.00 Live Spanish Football. Espanyol v Barcelona (Kick-off 9.00pm). 11.00 Speedway 2.00 Sportation 3.00 Race World 4.00 Gillette World Sport 4.30 Max Power 5.30 Motor Racing

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SUN

BBC1

- 7.00 Breakfast. (T) 7.35 Match of the Day. (T) 9.00 The Andrew Marr Show. (T) 10.00 Sunday Life. (T) 11.00 Countryfile. (T) 12.00 The Politics Show. (T) 1.00 'Allo 'Allo! (R) (T) 1.30 EastEnders. (T) 3.25 Merlin. (R) (T) 4.10 Tess of the D'Urbervilles. (R) (T)
- 5.10 Points of View. New series. With Jeremy Vine. (T)
- 5.25 Songs of Praise. Diane Louise Jordan visits Ealing in west London. (T)
- 6.00 BBC News; Regional News; Weather. (T)
- 6.30 After You've Gone. Diana challenges Jimmy to audition for her choral society. (T)
- 7.00 Antiques Roadshow. At Chester Cathedral, Fiona Bruce and the team discover a valuable painting that has spent decades gathering dust under a bed, and a collection of books worth the price of a house. (T)
- 8.00 Strictly Come Dancing. The two female celebrities who least impressed the judges and voting public with their performances last night take to the dance floor with their partners once again. Judges Len Goodman, Arlene Phillips, Craig Revel Horwood and Bruno Tonioli will then decide which of the aspiring ballroom belles to eliminate from the competition. Bruce Forsyth and Tess Day present. (T)
- 9.00 Tess of the D'Urbervilles. Angel and Tess are on their honeymoon when he decides it is time for them to admit their former transgressions, but while she forgives him, he is appalled by what his new wife tells him and heads off to Brazil to set up a farm there by himself. She then finds a job on a bleak farm run by Groby and bumps into Alec, who claims he's a changed man and proposes marriage. Gemma Arterton stars. (T)
- 10.00 BBC News; Weather. (T)
- 10.20 Jess: My New Face. Following a 17-year-old born with a facial disfigurement, a symptom of Apert's syndrome. Major surgery completely changed the way she looks, but she has been left wanting more. In this programme, she undertakes a journey to find out why she feels compelled to change her face and meets a variety of women who have different perceptions of beauty. Part of the Beauty season. (T)
- 11.20 Faith in the Family. Chief Rabbi Jonathan Sacks marks Rosh Hashanah - Jewish New Year - with a look at the problems of childhood unhappiness in a religious context. Esther Rantzen discusses family life's ups and downs, while Professor Robert Winston examines the science of strong families. (T)
- 11.40 FILM: Shattered Glass (2003). Premiere. Fact-based drama, starring Hayden Christensen; (T) Weatherview. (T)
- 1.10 Sign Zone: Amazon with Bruce Parry. (R) (T) 2.10 Sign Zone: Holly City. (R) (T) 3.10 Sign Zone: The Dark Side of Fame with Piers Morgan. (R) (T) 3.55 Sign Zone: The Planners Are Coming. (R) (T) 4.25 BBC News. (T)



BBC2

- 6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies: (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Roar. (R) (T) 8.00 Mona the Vampire; (R) (T) The Owl. (R) (T) 8.15 What's New Scooby-Doo? (R) (T) 8.35 Stupid. (R) (T) 9.00 Escape from Scorpion Island. (T) 10.00 Something for the Weekend. (T) 11.30 Film 2008 with Jonathan Ross. (R) (T) 12.00 Rugby League. (T) 12.45 MotoGP. (T) 2.00 Racing from Ascot and The Curragh. Including the 3.15 John Guest Diadem Stakes (6f). (T) 3.25 Live Golf: British Masters. The final day's play at the Belfry. (T) 6.00 Cycling. (T) 7.00 Top Gear. Motor-racing driver Lewis Hamilton drives a lap on the test track, Richard Hammond takes to an F1 car, and James Blunt is the Star in a Reasonably Priced Car. (R) (T) 8.00 Charley Boorman: Ireland to Sydney by Any Means. The team travel through Nepal by tractor and elephant. (T) 9.00 James May's Big Ideas. New series. Profiling the latest modes of transport. (T) 10.00 Match of the Day 2. Highlights of Portsmouth v Tottenham Hotspur. (T) 10.50 Russell Brand on the Road: BBC Four on BBC Two. The comedian emulates the American journey of Jack Kerouac. Previously scheduled on September 14. (T) 11.50 FILM: The Buddy Holly Story (1978). Musical biopic, starring Gary Busey. (T) 1.40 FILM: Masked and Anonymous (2003). Satire, starring Bob Dylan. (T) 3.25 BBC News. (T) 4.25 The Super League Show. (T) 4.55 Close.

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Pick of the Day

Agatha Christie's Poirot (ITV1 Granada, 9pm)

You can run but you can't hide from David Suchet at the moment. The actor recently turned up as the subject of BBC One's excellent series Who Do You Think You Are? He's also currently appearing on 'the other side' as Hercule Poirot in another short series of Agatha Christie adaptations. While ITV may have been criticised for its lacklustre dramas over the past few years, nobody can argue with the fact that they really push the boat out for Poirot and its sister show, Marple. The latest case for the Belgian detective, The Third Girl, is just as impressive as its predecessors. Poirot is intrigued when he meets troubled young heiress Norma Resterick, who confesses she may have killed somebody. So he isn't exactly surprised when he's called in to investigate the death of alcoholic former nanny Lavinia Seagram, who is linked to Norma. While less experienced onlookers may claim she committed suicide, Poirot believes it's murder — but was Norma really responsible for her death? Those around her think the key to the mystery lies in her tragic past, but knowing Poirot, he'll uncover something shocking that will leave us all in awe of his capabilities.

C4

- 6.10 The Hoobs. (R) (T) 6.35 Transworld Sport. (T) 7.25 UK School Games. 8.20 Freesports on 4. (T) 8.50 T4: Hollyoaks. (T) 11.20 T4: Rockcorps. (T) 12.45 T4: Music Presents: Will Young. (T) 1.20 T4: Ugly Betty. (R) (T) 2.20 T4: When Women Rule the World. (R) (T) 3.25 T4: The Simpsons. (R) (T) 3.55 T4: The Simpsons. (R) (T) 4.25 Deal or No Deal. (T) 5.15 Deal or No Deal. (T) 6.15 Channel 4 News. (T) 6.30 The Great Russian Art Boom. (T) 8.00 Wife Swap. A Tennessee mother and former beauty queen who believes appearance is everything trades places with a Pennsylvanian mum, who home-schools her children and thinks there are more important things in life than cleaning. While money isn't an issue for the former's pilot husband and herself, the latter's spouse has to work 16-hour days as a carpenter to keep his family afloat. (T) 9.00 FILM: Pan's Labyrinth (2006). Premiere. Haunting fantasy horror set in the aftermath of the Spanish Civil War, about a girl who is set a series of disturbing tasks by a magical faun. Sergi Lopez and Ivana Baquero star. 11.15 Back to You. (T) 11.45 FILM: Seven Islands and a Metro (2006). Premiere. Documentary exploring Mumbai. 1.45 The Qur'an. Feature-length documentary on the holy book. (R) (T) 3.45 Dispatches: The Human Cost of the Credit Crunch. (R) (T) 4.30 Countdown. (R) (T) 5.15 British Superbike Championship.

FIVE

- 6.00 Milkshake!: Tickle, Patch and Friends. (R) (T) 6.05 Bird Bath. (R) (T) 6.10 Softies. (R) (T) 6.15 Look! (R) (T) 6.20 Aussie Antics. (R) (T) 6.25 Angels of Jam. (T) 6.30 Elmo's World. (R) (T) 6.45 Bert and Ernie's Great Adventures. (R) (T) 6.55 Harry and His Bucket Full of Dinosaurs. (T) 7.05 The Save-Us! (R) (T) 7.15 Bert and Ernie's Great Adventures. (R) (T) 7.25 Franny's Feet. (R) (T) 7.40 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.55 Little Princess. (R) (T) 8.05 Miss Spider's Sunny Patch Friends. (R) (T) 8.25 The Beeps. (T) 8.40 Fireman Sam. (R) (T) 8.55 Rupert Bear. (R) (T) 9.10 Animal Families. (R) (T) 9.25 George Shrinks. (R) (T) 10.01 Own Britain's Best Home and Garden. (R) (T) 11.00 Highland Emergency. (R) (T) 11.30 Top Trumps: Superships. (R) (T) 12.00 Zoo Days. (R) (T) 12.20 FILM: Open House (2003). Drama, starring Christine Lahti. (T) 2.10 FILM: The Great Race (1965). Comedy, starring Tony Curtis. (T) 5.00 five news and sport. (T) 5.15 FILM: Kelly's Heroes (1970). World War Two adventure, starring Clint Eastwood. (T) 8.00 Giant Python of the Everglades: Austin Stevens' Adventures. The wildlife film-maker scours the swampslands of Florida for colossal Burmese pythons, creatures reaching 25ft in length, but almost impossible to find in the murky depths. (T) 9.00 FILM: Hitch (2005). A man forges a career as a professional "date doctor", offering advice to lonely guys — but when he falls in love himself, all his expertise counts for nothing. Romantic comedy, starring Will Smith. (T) 11.25 America's Toughest Prisons. (R) (T) 12.25 Urban Legends. (R) (T) 12.55 Major League Baseball. 4.20 FIM Motocross World Championship. 5.10 House Doctor. (R) (T) 5.35 House Doctor. (R) (T)

28 SEP

ITV1

- 5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 CITV: Planet Sketch. (R) (T) 9.35 The Championship. (T) 10.20 The X Factor. (R) (T) 11.50 ITV News and Weather. (T) 11.55 London Today; Weather. (T) 12.00 F1: Singapore Grand Prix Live. Round 15 from the Singapore Street Circuit (Start-time 1.00pm). (T) 3.00 FILM: Police Academy 5: Assignment Miami Beach (1988). Comedy sequel, starring Bubba Smith. (T) 4.35 Athletics Do the Funniest Things. (R) (T)
- 5.30 London Tonight; Weather. (T)
- 5.35 ITV News and Weather. (T)
- 6.05 The Way We Were. Memories of regal occasions, including a toddler who defied security to sit on a royal lap, and the debutantes who made the final curtsy to the Queen. Last in series. (T) You've Been Framed! Motoring mishaps and naughty animals. (R) (T)
- 7.00 The X Factor. The hopefuls continue in their attempts to impress in the second stage of boot camp and the judges discover which of the groups they'll be mentoring through the rest of the competition. (T)
- 8.00 Heartbeat. Two new residents put PC Mason in an awkward position both professionally and personally and, while the village rally round to celebrate Blaketon's birthday, he gets more than he expected when Gina goes into labour. David decides to learn to play the piano. Last in the current series of the rural police drama set in the rustic backwater of Aidsfield, Yorkshire. Starring Joe McFadden, Tricia Penrose and Derek Fowlds. (T)
- 9.00 Agatha Christie's Poirot. A former nanny, Lavinia Seagram, is found soaked in blood and it is believed she had turned to drink and drugs to commit suicide. However, Poirot is soon on the scent of troubled heiress Norma Resterick, who had problems of her own — not least confessing to the possibility of murdering someone that very morning. Jemima Rooper and Zoe Wanamaker guest star with David Suchet. (T)
- 11.00 ITV News and Weather; Weather. (T)
- 11.15 F1: Singapore Grand Prix Highlights. Steve Rider introduces action from the 15th race of the season, held at the Singapore Street Circuit, where the drivers have to contend with floodlit conditions in this new addition to the calendar. Just three races remain following this one and, like last time, the pressure and weight of expectation is resting heavily on Lewis Hamilton's shoulders. The Brit holds a narrow lead over Felipe Massa and has endured his fair share of problems on and off the track of late, but will be hoping to ease the burden by claiming all 10 championship points here. Commentary by James Allen and Martin Brundle. (T)
- 12.15 It's My Life. (T) 1.10 Faith in the Frame; (T) ITV News Headlines. 1.35 60 Minute Makeover. (R) (T) 2.30 Watching the Detectives. (R) (T) 2.55 Moving Day. (R) (T) 3.20 Moving Day. (R) (T) 3.40 ITV Nightscreen.

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LOCAL

RTP1
0630 Espaço Infantil 0705 Brinca Comigo 0900 Mass 1000 Athletics: RTP — Half-Marathon 9th Edition 1130 Desafio Verde 1230 Mr Bean 1300 News 1415 Só Visto! 1515 Antes do Anoitecer, film 1645 Algém tem que ceder, film 1900 Vila Faia 2000 News 2100 As Escolhas de Rebelo de Sousa 2130 TBA 2345 Domingo Desportivo 0115 Fanfan, o Sedutor, film 0315 Uma Lição de Assassino, film 0500 Só Visto 0605 NDS

RTP2
0700 Euronews 0730 África@Global 0800 Músicas de África 0900 Caminhos 0930 7x7 1000 NDS 1100 Da Terra ao Mar 1130 Consigo 1200 Vidaport Vida 1230 Bombordo 1300 Bombordo 1330 Sempre em Pé — Vídeos 1400 Terra: O Poder do Planeta 1445 A Voz do Cidadão 1500 Sports 1900 Arte & Emoção 1930 A Alma e a Gente 2000 Bombordo 2030 The Simpsons 2100 Terra: O Poder do Planeta 2200 News 2330 Câmara Clara 2350 Britcom 0050 Onda Curta 0115 Km Zero 0230 Sports 0530 Euronews

SIC
0645 Sic Kids 0830 Disney Kids 1030 Programa da Lucy 1200 BBC Wild Life: Saved by Dolphins 1300 News 1400 Fama Show 1500 Film TBA 1715 Film TBA 2000 News 2100 Grande Reportagem SIC 2145 Parabéns Camilo 2230 Musical 0000 Film TBA 0215 Todos em Linha

TVI
0700 Children's TV 0800 Winx Club 0830 Transformers 0900 Jackie Chan 0930 O Bando dos 4 1030 Hanna Montana 1115 Mass 1300 News 1400 Like Cats & Dogs, film 1600 Artur e os Minimus, film 1815 Date Movie, film 2000 News 2130 A Outra 2245 Casos da Vida 0030 O Perfume, História de um Assassino, film 0330 Sempre a Somar 0500 Telesales

Best of the Rest

BBC3
7.00 Freaky Eaters 8.00 The World's Strictest Parents 9.00 Massive 9.30 Gavin & Stacey 10.00 Family Guy 10.20 Two Pints of Lager and a Packet of Crisps 10.50 Two Pints of Lager and a Packet of Crisps 11.20 Massive 11.50 Gavin & Stacey 12.20 The Wrong Door 12.50 The World's Strictest Parents 1.45 Two Pints of Lager and a Packet of Crisps 2.15 Two Pints of Lager and a Packet of Crisps 2.45 Gavin & Stacey 3.15 Freaky Eaters 4.10 Massive 4.40 The Wrong Door 5.10 Close

BBC4
7.00 Fossil Detectives 7.30 Ways of Seeing 8.00 Monitor 8.10 Monitor 8.30 Monitor 8.55 Monitor 9.40 Monitor 10.00 The Art of Arts TV 11.00 The Genius of Photography 12.00 David Gilmour Live at Gdansk 1.00 The Art of Arts TV 2.00 Visions of Space 3.00 The Art of Arts TV 4.00 Close

ITV2
3.05 Coronation Street 5.30 The X Factor 7.00 The Fashion Show 8.00 The Xtra Factor 9.00 Katie & Peter: The Next Chapter 10.00 Secret Diary of a Call Girl 10.30 No Heroics 11.00 Celebrity Juice 11.30 Jack Osbourne: Celebrity Adrenaline Junkie 12.30 Entourage 1.00 The X Factor 2.00 The Xtra Factor 3.00 Teleshopping 5.00 ITV2 Nightscreen

Sky1
1.00 Futurama 1.30 Futurama 2.00 Bones 3.00 Bones 4.00 Malcolm in the Middle 4.30 Malcolm in the Middle

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

MOVIES

Sky Movies Drama
6.10 Christmas on Chestnut Street PG (2006) 7.40 The Cotton Club 15 (1984) 9.50 Holy Man PG (1998) 12.00 Colombo: Death Hits the Jackpot PG (1991) With Peter Falk. 1.45 How to Make an American Quilt 12 (1995) With Winona Ryder. 3.45 Catch and Release 12 (2007) With Jennifer Garner. 5.45 The Prestige 12 (2006) With Hugh Jackman. 8.00 The Insider 15 (1999) With Al Pacino. 10.45 Notes on a Scandal 15 (2006) With Judi Dench. 12.30 Eddie Macon's Run 15 (1983) With John Schneider. 2.15 Hardcore 18 (1979) With George C. Scott. 4.15 Home by Christmas PG (2006)

Sky Movies Comedy
6.40 Rookie of the Year PG (1993) 8.25 Just My Luck PG (2006) 10.10 Open Season PG (2006) 11.40 Music and Lyrics PG (2007) With Hugh Grant. 1.25 Blades of Glory 12 (2007) With Will Ferrell. 3.00 Open Season PG (2006) With Martin Lawrence. 4.30 Just My Luck PG (2006) With Lindsay Lohan. 6.15 Music and Lyrics PG (2007) With Hugh Grant. 8.00 Blades

of Glory 12 (2007) With Will Ferrell. 9.45 American Pie Presents: Beta House 18 (2007) With John White. 11.20 White Men Can't Jump 15 (1992) With Woody Harrelson. 1.20 Prizzi's Honor 15 (1985) With Jack Nicholson. 3.30 How To Be a Player 18 (1997) 5.10 Rookie of the Year PG (1993)

Sky Movies Action/Thriller

6.15 Dukes of Hazzard: The Beginning 15 (2007) 8.00 Beverly Hills Cop III 15 (1994) 9.50 Shooter 15 (2007) 12.00 The Net 12 (1995) With Sandra Bullock. 2.00 The Postman 15 (1997) With Kevin Costner. 5.00 Beverly Hills Cop III 15 (1994) Force 18 (1973) With Clint Eastwood. (2007) With Mark Wahlberg. 9.00 The Net 12 (1995) With Sandra Bullock. 11.00 Blood Diamond 15 (2006) With Leonardo DiCaprio. 1.25 Magnum Force 18 (1973) With Clint Eastwood. 3.30 When the Sky Falls 18 (1999) 5.25 Slipstream PG (1989)



SPORT

Sky Sports 1

6.00 Wild Spirits 6.30 Football First 8.00 Football First 9.30 The Sunday Supplement 11.00 Goals on Sunday 1.00 Live Super Sunday. Portsmouth v Tottenham Hotspur (Kick-off 1.30pm). 3.30 Live Super Sunday. Wigan Athletic v Manchester City (Kick-off 4.00pm). 6.30 Super Sunday: The Last Word 7.00 Live Spanish Football. Valencia v Deportivo La Coruna and Atletico Madrid v Sevilla (Kick-off 8.00pm). 10.00 Football Special 11.30 Super Sunday: The Last Word 12.00 Spanish Football 2.00 Football Special 3.30 Super Sunday: The Last Word 4.00 Spanish Football

Sky Sports 2

6.00 X-Adventures 6.30 Spanish Football 8.00 Big Fight Special 10.00 Super Sunday 1.00 Live Rugby League. Oldham Roughyeds v Doncaster RLFC (Kick-off 1.30pm) and Celtic Crusaders v Salford City Reds (Kick-off 4.00pm). 6.00 Live NFL Cincinnati Bengals v Cleveland Browns (Kick-off 6.00pm). 9.00 Live NFL Dallas Cowboys v Washington Redskins (Kick-off 9.15pm). 12.30 NFL: Top 10. 1.15 Live NFL Chicago Bears v Philadelphia Eagles (Kick-off 1.15pm). 4.30 Close

Sky Sports 3

6.00 IAAF Athletix Weekly 6.30 Gillette World Sport 7.00 Premiership Rugby Union 9.00 WWE: Afterburn 10.00 WWE Vintage Collection 11.00 Wild Spirits 11.30 Racing News 12.00 Big Fight Special 2.00 NFL: Total Access 3.00 Show Jumping 4.00 Sailing 4.30 NFL: Live Wire 5.00 NFL: Total Access 6.00 WWE: Experience 7.00 Live NASCAR. The Camping World RV 400 presented by Coleman. 11.00

WWE: Late Night - Afterburn 12.00

Big Fight Special 2.00 Rugby League 4.00 Close

British Eurosport

5.15 Live MotoGP. The Japanese Grand Prix MotoGP race. 7.00 MotoGP 7.30 MotoGP 8.15 Cycling 9.00 Live Cycling. The Road World Championships. 4.30 Cycling 5.30 Table Tennis 6.15 WTA Tennis 7.30 Motorsports Weekend 8.00 Cycling 9.30 Biatlon 10.30 MotoGP 12.00 Motorsports Weekend 12.30 Close

Sky Sports Xtra

6.00 Sailing 6.30 Watersports World 7.30 X-Adventures 8.00 British Ice Hockey 10.30 Live Twenty20 Cricket. Finals day of the Cocksport Club Twenty20. 7.30 Big Fight Special 9.30 Rugby League 11.30 Show Jumping 12.30 World Sport 1.00 Show Jumping 2.00 Powerboating 3.00 Max Power 4.00 Show Jumping 5.00 Close

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcasting in stereo;
(bw) - black and white.

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TUE

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30 SEP

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News. (Weather. (T) 11.00 Open House. (T) 11.30 Cash in the Attic. (R) (T) BBC News. (Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News. (Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News. (Weather. (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Elliot Kid. (R) (T) The Owl. (R) (T) 4.05 Raven. (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

6.00 BBC News. (Weather. (T) 6.30 Regional News Programmes. (Weather. (T) 7.00 The ONE Show. (T) 7.30 EastEnders. Max gives Callum #1,000 to leave the Square for good, Bianca is confused by Whitney's attitude toward the wedding and Ronnie agonises over whether to attend her school reunion. (T) BBC News. (Regional News. (T) 8.00 Holby City. The staff at Holby put aside their differences and prepare to separate the conjoined twins. However, the press have latched onto the fact that a man accused of child abuse is funding the risky procedure - and Jayne is forced to explain her decisions to the board. Meanwhile, Maddy persuades Kyla to forget her past and give in to the advances of her patient admirer. Concludes tomorrow. (T)

9.00 Mutual Friends. The day of Harry and Liz's wedding arrives and Patrick, denying his continued feelings for the bride, vents his frustration by running up a huge bill on the groom's account. Meanwhile, Martin becomes best man when the first choice fails to turn up - but his fortunes take a turn for the better when he discovers a girl he had a crush on in his school days - now a divorcee - has been invited. Marc Warren and Alexander Armstrong star. Last in series. (T) BBC News. (T)

10.00 Regional News. (Weather. (T) 10.25 Freaky Eaters: Addicted to Crisps. Nutritionist Natalie Savona and psychologist Stephen Briers get to grips with fatty eaters, including a high-flying businessman addicted to salt and vinegar crisps and cheese and tomato pizza. The experts have their work out cut in transforming 36-year-old Kevin Johnson's diet because he is physically sick whenever he tries new foods. (T)

11.35 Film 2008 with Jonathan Ross. The presenter puts the spotlight on a crop of homegrown talent with a review of Brideshead Revisited, the film version of Evelyn Waugh's classic novel. Also featured is more coverage of Simon Pegg's new comedy How to Lose Friends & Alienate People, and an update on British actors hoping to conquer Hollywood. (T)

12.05 FILM: Tigerland (2000). Gritty drama, starring Colin Farrell. (T) Weatherview. (T) 1.45 Sign Zone: See Hear. (R) (T) 2.15 Sign Zone: Horizon. (R) (T) 3.05 Sign Zone: What to Eat Now. (R) (T) 3.35 Sign Zone: Trawlermen. (R) (T) 4.05 Sign Zone: Chinese Food Made Easy. (R) (T) 4.35 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Dogstar. (R) (T) 7.25 Newsround. (T) Batfink. (R) (T) 7.35 Best of Friends. (R) (T) 8.05 Mortified. (R) (T) 8.30 CBeebies: Postman Pat: SDS. (T) 8.45 Chuggington. (T) 9.00 Clifford's Puppy Days. (R) (T) Tweenies Songtime. (R) (T) 9.20 Balamory. (R) (T) 9.40 Little Red Tractor. (R) (T) Pingu. (R) 10.00 In the Night Garden. (R) (T) 10.30 Big Barn Farm. (R) (T) 10.45 Get Squiggling. (T) 11.00 Schools: KS1 Science Clips. (T) 11.10 BBC Primary History. (T) 11.30 Hands Up! (T) 11.45 Let's Write a Story. (T) 12.00 The Daily Politics Conference Special. (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Living in the Sun. (R) (T) 2.15 Animal 24/7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Wanted Down Under. (R) (T) 6.00 Eggheads. (R) (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 Nigella Express. Super-fast emergency rations for people on the go. (R) (T) 7.30 Would Like to Meet Again. A party animal desperately seeking a long-term relationship. Last in series. (T) 8.00 Tiger - Spy in the Jungle. The male cubs prepare to leave their family. Last in series. (R) (T) 9.00 Losing It - Griff Rhys Jones on Anger. The actor concludes his exploration of emotion. (T) 10.00 Later Live - with Jools Holland. New York-based quintet TV on the Radio make their UK debut. (T) 10.30 Newsnight. (Weather. (T) 11.20 Today at Conference. (T) 11.50 The Supersizers Go. (R) (T) 12.50 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Jamie's Ministry of Food (C4, 9pm)

School kids (and some parents) up and down the country will be wailing and gnashing their teeth that chef and wannabe saint Jamie Oliver is back on his soap box and beating his breast about the nation's eating habits. But this time, he's not just targeting children. He joins forces with Julie Critchlow (the mum who hit the headlines after she passed take-away food to schoolchildren through the playground railings) with a very special mission in mind. Oliver wants to teach 10 basic recipes to a small group of non-cooks, who can then pass the knowledge on to others, and so on, until the entire country is flocking back to their hobs. But right from the start, it's clear this isn't going to be an easy challenge. The celebrity chef starts his quest in Rotherham, and his new recruits aren't what anyone could describe as foodies. One mum and her kids live on kebabs, while another munches through a staggering 10 packets of crisps a day. Add into the mix a lack of money and spare time for preparation, and that's one heck of an obstacle to overcome. Undeterred, Oliver does his usual trick of grabbing the crowd's attention with a public launch of his new drive - but will it work?

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Will & Grace. (R) (T) 8.55 Frasier. (R) (T) 9.30 Britain's Deadliest Additions. (R) (T) 3 Minute Wonder. (R) (T) 10.00 Advertising Uncut. (R) (T) 3 Minute Wonder. (R) (T) 10.30 Seven Ages of Britain. (R) (T) 3 Minute Wonder. (R) (T) 11.25 Year Dot. (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 The Great Italian Escape. (R) (T) 1.00 Chateau Monty. (R) (T) 1.30 The Savoy: Checking Into History. (R) (T) 1.50 FILM: Bullwhip (1958). Western adventure, starring Guy Madison. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Miss Landmine. A 39-years-old amputee explains why she is still beautiful. (T) 8.00 The Sex Education Show. A couple who have spent #60,000 on IVF treatments. (T) 9.00 Jamie's Ministry of Food. New series in which Jamie Oliver helps people discover the joys of home-cooking. (T) 10.00 Dawn Porter: Free Lover. New series exploring extreme forms of the traditional relationship. (T) 11.05 The Family. (R) (T) 12.10 Reaper. (T) 1.05 FILM: Dogville (2003). Premiere. Drama, starring Nicole Kidman. 4.00 Channel 4 Education. 4.00 Write Away! 4.15 Write Away! 4.30 Just Write. 4.45 Just Write. 5.00 Just Write. 5.15 Just Write. 5.30 Just Write. 5.45 We Are from Germany. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Hana's Helpline. (R) (T) 6.45 Milkshake! Music Box. (R) (T) 6.55 Mio Mao. (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowerpots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Bert and Ernie's Great Adventures. (T) 8.40 Roobarb and Custard Too. (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 How Not to Decorate. (R) (T) 12.30 five news. (T) 12.45 Grey's Anatomy. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 County Secrets. (T) 3.00 FILM: Louisa May Alcott's The Inheritance (1997). Period drama, starring Cari Shayne. (T) 5.00 five news: Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (R) (T) 6.50 five news. (T) 7.30 Highland Emergency. The crew of HMS Gannet rescue an injured man on the island of Islay. (T) 7.30 five news update. (T) 8.00 Megastructures: 747 Demolition. A team of engineers harvest useful components from a retired 747 aircraft. (T) 8.00 five news at 9.00 CSI: Miami. Calligh faces a wrongful-death lawsuit. (T) 10.00 CSI: NY. An old enemy resurfaces. (R) (T) five news update. (T) 11.00 Law & Order: Special Victims Unit. (R) (T) 12.00 FBI Files. (R) (T) 1.00 Disorderly Conduct. (T) 2.00 NASCAR. 2.45 US Tour Golf. 3.30 Golf: The Challenge. 3.55 Golf: The Challenge. 4.20 European Drag Racing. 4.45 Race and Rally UK. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsummer Murders. (R) (T)

5.00 Britain's Best Dish. Ed Baines, Jilly Gooden and John Burton Race judge more dishes by cooks from Scotland, including haggis dumplings with Aberdeen Angus beef spring rolls. The battle of the puddings sees an upside-down cake squaring up to a raspberry and whisky Crannachan crumble cake as the contestants vie for a place in Friday's regional final. Mark Nicholas presents. (T)

6.00 London Tonight. (Weather. (T) 6.30 ITV Evening News. (Weather. (T) 7.00 Emmerdale. Zak and Eli take Danielle to the train station, but Shane searches their van and discovers her stash of drugs. Ross struggles with his feelings for Donna when Chas offers to accompany him to the police fundraising ball, while Lily confides in Pearl about Peter's financial woes. (T)

7.30 UEFA Champions League Live. Arsenal v FC Porto (Kick-off 7.45pm). This evening's matchday two Group G encounter comes from the Emirates Stadium, as the Gunners welcome the visit of the Portuguese champions. (T)

10.00 News at Ten and Weather. (T) 10.30 London News and Weather. (T)

10.40 UEFA Champions League Highlights. Craig Doyle introduces action from this evening's matchday two fixtures, including AaB Aalborg v Manchester United at the Energi Nord Arena, Arsenal v FC Porto at the Emirates Stadium and Villarreal v Celtic at the Estadio El Madrigal. The Gunners will be keen to preserve their unbeaten European record at the Emirates, while both Group E rivals - the Red Devils and the Bhoys - will hope to steal a march on each other by recording valuable away wins. (T)

12.00 Premiership Rugby Union. (T) 12.55 LA Drag-net. (T) ITV News Headlines. 1.40 Loose Women. (R) 2.30 The Jeremy Kyle Show. (R) (T) 3.25 ITV Nightscreen.

(R) - repeat programme;
(T) - programme with teletext subtitles;
(S) - programme broadcast in stereo;
(bw) - black and white.

LOCAL Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1415 Amor e Intrigas 1515 Portugal no Coração 1800 O Preço Certo 1900 News 1945 Football: Champions League (Live) - Arsenal vs Porto 2130 News 2200 Grey's Anatomy 2300 A Vida Normalmente 0000 Gente da Cidade 0030 Noites da 2 0100 Câmara 0215 Iniciativa 0300 2010 0345 Sociedade Civil 0515 Euronews

RTP2

0700 Euronews 0715 Zig Zag 1400 Sociedade Civil 1530 Próxima Paragem 1600 National Geographic 1700 Zig Zag 1830 A Fé dos Homens 1900 2010 1945 Zig Zag 2045 Estranhos na América 2115 National Geographic 2200 News 2240 Grey's Anatomy 2330 A Vida Normalmente 0000 Gente da Cidade 0030 Noites da 2 0100 Câmara 0215 Iniciativa 0300 2010 0345 Sociedade Civil 0515 Euronews

SIC

0600 Sic Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Como uma Onda 1515 Beleza Pura 1615 Contato 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 Momento of Truth 2300 A Favorita 0030 CSI Miami 0130 CSI Las Vegas 0230 Todos em Linha 0430 Ciranda de Pedra

TVI

0700 Diário Da Manhã 1015 Você na TVI 1300 News 1400 As Tardes da Júlia 1700 Quem Quer Ganhar 1815 Morangos com Mel 2000 News 2130 O Preço Certo 2230 A Outra 2330 Notícias 0030 Broken Arrow, film 0230 Sempre a Somar 0415 TVI Notícias 0430 H2O, Series 0530 Telesales

BBC3

7.00 Freaky Eaters 8.00 Dog Borstal 9.00 Don't Tell the Bride 10.00 EastEnders 10.30 Coming of Age 11.00 Family Guy 11.20 Two Pints of Lager and a Packet of Crisps 11.50 Two Pints of Lager and a Packet of Crisps 12.20 Don't Tell the Bride 1.20 Dog Borstal 2.15 Coming of Age 2.45 Two Pints of Lager and a Packet of Crisps 3.15 Two Pints of Lager and a Packet of Crisps 3.45 The World's Strictest Parents 4.40 Spenholics 5.10 Close

BBC4

7.00 World News Today 7.00 Weather 7.30 Ways of Seeing 8.00 Wild China 9.00 That Mitchell and Webb Look 9.30 Flight of the Conchords 9.55 London to Brighton in Four Minutes 10.00 The Book Quiz 10.30 Fanny Hill 11.30 Imagine: Fantastic Mr Dahl 12.30 Arena at 3.00 The Book Quiz 2.00 Fanny Hill 3.00 Only Connect 3.30 Flight of the Conchords 4.00 Close

ITV2

1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Katie & Peter: The Next Chapter 9.00 CelebArg 10.00 Katy Brand's Big Ass Show 10.30 Film: The Sixth Sense 15 (1999) 12.40 Entourage 1.10 Secret Diary of Call Girl 2.40 Teleshopping 4.40 ITV2 Nightscreen

Sky1

1.00 Project Catwalk 2.00 Bones 3.00 Cold Case 4.00 Stargate

Atlantis

5.00 Atlantis 5.00 Gladiators 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Stargate Atlantis 9.00 UK Border Force 10.00 Prison Break 11.00 Inside: Alaska's Toughest Prison 12.00 Road Wars 1.00 Road Wars 1.50 Las Vegas Uncovered 2.40 Stargate SG-1 3.30 Stargate SG-1 4.20 Brainiac: Science Abuse 5.10 Guilty!

UKTV Gold

1.20 Last of the Summer Wine 2.00 Porridge 2.40 dinnerladies 3.20 One Foot in the Grave 4.00 The Two Ronnies 5.00 As Time Goes By 5.40 My Family 6.20 Keeping Up Appearances 7.00 Last of the Summer Wine 7.40 dinnerladies 8.20 One Foot in the Grave 9.00 Open All Hours 9.40 Porridge 10.20 The Royle Family 10.55 Men Behaving Badly 11.35 Little Britain 12.15 Open All Hours 12.55 The Royle Family 1.30 Casualty @ Holby City 2.30 Film: Columbo: Try and Catch Me PG (1977) 3.40 Alistair McGowan's Big Impression 4.00 Baywatch 4.40 EastEnders 5.15 Neighbours 5.35 Neighbours

TCM

1.00 The Girl and the General PG (1967) 3.00 The Yearling U (1946) 5.20 Young Cassidy PG (1964) 7.00 Ransom PG (1956) 9.00 Point Blank 18 (1967) 10.45 Mr Rico 15 (1975) 12.40 Love Me or Leave Me PG (1955) 2.50 Alfred the Great PG (1969) 5.00 The Hard Way U (1942)

The Disney Channel

Kids' programmes from 7am, except:

Sky Movies Drama

6.55 Redemption of the Ghost PG (2001) 8.50 The Thing About My Folks 12 (2005) 10.30 Diana: The Final Journey 12 (2007) 12.15 Columbo: Butterfly in Shades of Grey PG (1993) With Peter Falk. 2.00 The Wind That Shakes the Barley 15 (2006) With Cillian Murphy. 4.15 Storyville 15 (1992) With James Spader. 6.15 Good Night, and Good Luck PG (2005) With David Strathairn. 8.00 The Lake House PG (2006) With Sandra Bullock. 10.00 Edison 15 (2005) With Morgan Freeman. 11.45 Boys Don't Cry 18 (1999) With Hilary Swank. 1.45 This Is My Father 15 (1998) With James Caan. 4.00 Elizabeth: The Golden Age Special 4.20 Nurses on the Line: The Crash of Flight 7 PG (1993)

Sky Movies Comedy

6.00 Ever After: A Cinderella Story PG (1998) 8.05 My Fair Eddie PG (2008) 9.35 Tenacious D in the Pick of Destiny 15 (2006) 11.15 Coneheads PG (1993) With Dan Aykroyd. 12.45 Employee of the Month 12 (2006) With Dane Cook. 2.35 Kenny 15 (2006) With Shane Jacobson. 4.25 Ever After: A Cinderella Story PG (1998) With Drew Barrymore. 6.30 Big Nothing 15 (2006) With Simon Pegg. 8.00 Coneheads PG (1993) With Dan Aykroyd. 9.45 Employee of the Month 12 (2006) With Dane Cook. 11.45 Tenacious D in the Pick of Destiny 15 (2006) With Jack Black.

MOVIES

Sky Movies Action/Thriller

1.30 School Daze 18 (1988) With Laurence Fishburne. 3.35 Bull Durham 15 (1988) 5.25 My Fair Eddie PG (2008) 6.55 Ultraviolet 15 (2006) 8.35 Tick-Tock 15 (1999) 10.20 Captive 15 (1998) 12.10 Behind Enemy Lines: Axis of Evil 15 (2006) With Nicholas Gonzalez. 2.00 Ultraviolet 15 (2006) With Milla Jovovich. 3.45 Godzilla PG (1998) With Matthew Broderick. 6.15 Behind Enemy Lines: Axis of Evil 15 (2006) With Nicholas Gonzalez. 8.05 Poseidon 15 (2006) With Kurt Russell. 10.00 Die Hard 4.0 15 (2007) With Bruce Willis. 12.15 Passenger 57 15 (1992) With Wesley Snipes. 1.55 Die Hard 4.0 15 (2007) With Bruce Willis. 4.15 Godzilla PG (1998)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;
(bw) - black and white.

SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 Big League Weekend 2.10 Soccer AM: The Best Bits 11.30 Big League Weekend 2.10 UEFA Champions League 1.30 UEFA Champions League 2.00 UEFA Champions League 2.30 UEFA Champions League 3.00 UEFA Champions League 3.30 UEFA Champions League 4.00 UEFA Champions League 4.30 UEFA Champions League 5.00 NFL: Total Access 6.00 Football Asia 6.30 Revista De La Liga 7.30 Soccer Special 10.00 Revista De La Liga 11.00 Football Asia 11.30 A-League 12.00 Ladies European Tour Golf 1.00 Revista De La Liga 2.00 Football Asia 2.30 World Motor Sport 5.00 Revista De La Liga

Sky Sports 2

6.00 Aerobics Oz Style 6.30 X-Adventures 7.00 WWE: Afterburn

British Rally Championship

9.00 FEI Equestrian World 9.30 Show Jumping 10.30 British Rally Championship 11.30 Speedway 2.00 NFL: Total Access 3.00 NFL 5.00 Live UEFA Champions League. Zenit St Petersburg v Real Madrid (Kick-off 5.30pm). 7.30 Live UEFA Champions League. Villarreal v Celtic (Kick-off 7.45pm). 10.30 Poker Million 12.30 NFL: Total Access 1.30 European Seniors Tour Golf 2.30 A-League 3.00 Close

Sky Sports 3

6.00 Speedway 8.30 Golf 9.00 Pool 10.30 Wild Spirits 11.00 Golf 11.30 Racing News 12.00 World Motor Sport 2.30 Pool 4.00 British Rally Championship 5.00 WWE: Smackdown 7.00 NFL 9.00 Pool 10.30 European Seniors Tour Golf 11.30 Pool 12.30 Pool 2.00 Close

British Eurosport

7.30 Eurogals 8.15 Live Snooker. The Shanghai Masters. 11.00 UEFA Champions League 12.45 Live Snooker. The Shanghai Masters. 4.00 Live WTA Tennis. The Porsche Tennis Grand Prix. 5.00 Eurogals 5.15 Live WTA Tennis. The Porsche Tennis Grand Prix. 7.30 Boxing 8.00 Boxing 10.00 World Rally Championship 10.30 Rallying 11.00 Powerboating 11.30 Snooker 12.30 Close

Sky Sports Xtra

4.00 Golf 4.30 Aerobics Oz Style 5.00 Motor Racing 5.30 Ladies European Tour Golf 6.30 European Seniors Tour Golf 7.30 Live UEFA Champions League. Bayern Munich v Lyon (Kick-off 7.45pm). 10.00 Sports Unlimited 11.00 X-Adventures 11.30 Motor Racing 12.00 British Rally Championship 1.00 X-Adventures 1.30 Motor Racing 2.00 Close

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WED

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1 OCT

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 Open House. (T) 11.30 Cash in the Attic; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News; Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Elliot Kid; (R) (T) The Owl. (R) (T) 4.05 Get 100. (T) 4.35 Blue Peter. (T) 5.00 Newsround. (T)

6.00 BBC News; Weather. (T)
6.30 Regional News Programmes; Weather. (T)
6.55 Party Conference Broadcast. By the Conservative Party. (R) (T)

7.00 The ONE Show. (T)
7.30 Inside Out. Documentary series focusing on stories of interest to the region; (T) BBC News; Regional News. (T)

8.00 Holby City. Jayne discovers the Government has backed down and is going to pay for the twins' operation, but the board of directors still need to meet to decide on Jayne's future. Maria finds out Aaron is a high-flying doctor and, although initially daunted, she allows herself to be swept off her feet. Last in series. (T)

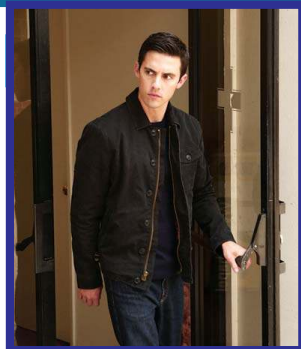
9.00 Silent Witness. New series, beginning with the murder of a teenage girl who fell from a ride at a funfair after being brutally raped and stabbed, and suspects the killing may have been part of a gang initiation. Meanwhile, Leo finds himself doing community service after getting caught drink driving and is first on the scene when an attack takes place where he's working. William Gaminara and Emilia Fox star. Continues to-morrow. (T)

10.00 BBC News. (T)
10.25 Regional News; Weather. (T)
10.35 The National Lottery Draws. With Katherine Jenkins. More fortunes are made as the balls are set rolling and the all-important results of the Thunderball, Dream Number and Lotto draws are revealed. (T)

10.45 Medium. Needing the money, Allison takes a job consulting with defence lawyer Larry Watt, who has caused trouble in her past. But when she comes to believe that his client is guilty of murdering his wife, she is left in a moral quandary. Supernatural drama, starring Patricia Arquette and Conor O'Farrell; (T) National Lottery Update. (T)

11.25 The Tudors. Anne Boleyn's failure to deliver a son has devastating consequences, as the king's affections shift toward the Seymour family. The queen is accused of adultery and sentenced to death; (R) (T) Weatherwise. (T)

12.25 Sign Zone: Jimmy and the Wild Horse Hunters. (R) (T) 1.25 Sign Zone: The Truth About Property. (R) (T) 2.25 Sign Zone: Tess of the D'Urbervilles. (R) (T) 3.25 Sign Zone: DIY SOS. (R) (T) 3.55 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies; (R) (T) Tweenies Songtime. (R) (T) 7.00 CBBC: Dogstar. (R) (T) 7.25 Newsround; (T) Baffink. (R) (T) 7.35 Best of Friends. (T) 8.05 Mortified. (R) (T) 8.30 CBeebies: Postman Pat: SDS. (T) 8.45 Chuggington. (T) 9.00 Clifford's Puppy Days; (R) (T) Tweenies Songtime. (R) (T) 9.20 Balamory. (T) 9.40 Little Red Tractor. (R) (T) 9.50 Pingu. (T) 10.00 In the Night Garden. (R) (T) 10.30 Big Barn Farm. (R) (T) 10.45 Get Squiggling. (R) (T) 11.00 What Are You Like? (T) 11.30 What Are You Like? (T) 12.00 The Daily Politics Conference Special. (T) 1.00 See Hear. (T) 1.30 Animal Park. (T) 2.00 The Daily Politics Conference Special. (T) 4.00 Flog It! (T) 4.30 Step Up to the Plate. (T) 5.15 Wanted Down Under. (R) (T) 5.55 Party Conference Broadcast. (T) 6.00 Eggheads. (R) (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 6.00 Heroes Countdown. Previewing the return of the science fiction drama Heroes. (T) 7.45 Heroes Unmasked. Special edition catching up with the production on both sides of the Atlantic. (T) 8.00 The Restaurant. The couples recreate the style of national foods. (T) 9.00 Heroes. New series. The identity of Nathan's assassin is revealed. (T) 9.45 Heroes Unmasked. New series of the behind-the-scenes show. (T) 10.00 Mock the Week Again. With David Mitchell and Jimmy Tingle. (R) (T) 10.30 Newsnight; Weather. (T) 11.20 Today at Conference. (T) 11.50 Charley Boorman: Ireland to Sydney by Any Means. (R) (T) 12.50 BBC News. (T) 4.00 BBC Learning Zone. (T)

Pick of the Day

Heroes (BBC2, 9pm)

Fans of this exhilarating sci-fi series probably haven't moved from the edge of their seats where the season two finale left them in the summer, but now it's back and it's probably as well to get a few supplies ready for the next hour or so. The action (and brainbusting) begins with Peter four years in the future. He's staring down Claire, who just happens to have a gun trained on him. As she pulls the trigger, he neatly sidesteps the bullet and we're whipped back to the present day and another gunshot, but this one rings out over Nathan's press conference. Yes, Peter is the man who fired at Nathan, and as if that wasn't confusing enough, it seems there is a 'good' and a 'bad' Peter. While you're busy digesting that one, we catch up with Hiro, who is rolling in money but bored to tears. Right on cue, he gets a mysterious message from his father, instructing him not to open a certain safe — but sure enough, the impetuous lad does just that. Before he can take hold of the contents (which also include a telling off from his dad for not doing as he was told), another 'hero' swoops in and snatches the items before Hiro can do anything. Milo Ventimiglia is among the cast.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 8.00 Just Shoot Me. (R) (T) 8.30 Will & Grace. (R) (T) 9.20 Rescue Remedies. (R) (T) 9.30 Britain's Deadliest Additions; (R) (T) 3 Minute Wonder. (R) (T) 10.00 Advertising Uncut; (R) (T) 3 Minute Wonder. (R) (T) 10.30 Seven Ages of Britain; (R) (T) 3 Minute Wonder. (R) (T) 11.25 Year Dot; (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Property Ladder. (R) (T) 1.35 Supporting Acts. (R) (T) 1.45 FILM: The Road to Denver (1955). Western, starring John Payne. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Champions. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Miss Landmine. Angolan civil war victim Filomena Domingos. (T) 8.00 Supernanny. Jo Frost visits the Porter family in Somerset, whose nine-year-old daughter Maddison is ruling the roost, with mum Hayley and dad Merrill constantly treading on eggshells. (T) 9.00 The Family. Simon and Jane go out for the evening and leave Emily in charge. (T) 10.00 Desperate Housewives. Full-scale war erupts between Bree and Edie. (T) 11.00 Jamie's Ministry of Food. (R) (T) 12.00 AMusic: Ibiza Rocks. (T) 12.35 Pineapple Express: T4 Movie Special. (R) 1.05 FILM: Black Friday (2004). Premiere. Crime drama, starring Kay Kay Menon. 4.05 Dog's Mercury. (R) (T) 4.30 St Elsewhere. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake!: Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Hana's Helpline. (R) (T) 6.45 Milkshake! Music Box. (R) (T) 6.55 Mio Mao. (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowerpots. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Bert and Ernie's Great Adventures. (R) 8.40 Roobarb and Custard Too. (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 How Not to Decorate. (R) (T) 12.30 five news. (T) 12.45 Grey's Anatomy. (R) (T) 1.45 Neighbours. (T) 2.15 Home and Away. (T) 2.50 County Secrets. (T) 3.00 five news update. (T) 3.10 FILM: Touch the Top of the World (2006). Premiere. Drama starring Peter Facinelli. (T) 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Animal Rescue Squad. (R) (T) 7.00 five news. (T) 7.30 It Pays to Watch. Martin Lewis shows how to transfer debts and pay less interest on credit cards; (T) 7.30 five news update. 8.00 Axe Men. The low price of timber is driving down the industry; (T) 8.00 five news at 9. 9.00 FILM: Half Past Dead (2002). Crooks storm a jail, intent on freeing a prisoner and getting their hands on \$200million, but reckon without a tough FBI agent. Action adventure, with Steven Seagal. (T) 11.05 Police Interceptors. (R) (T) 12.05 Poker. 1.35 Major League Baseball. 4.45 European Drag Racing. 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. On day three of the Scottish heats, the judges are tempted by triple-cooked langoustines, pan-fried scallops, pigeon pie, venison, and a clootie dumpling and tarts for pudding. (T)

6.00 London Tonight; Weather. (T)
6.30 ITV Evening News; Weather. (T)
6.55 Party Conference Broadcast. By the Conservative Party. (T)

7.00 Emmerdale. Eli gets word that Danielle has been taken to London following her arrest and decides to track her down. Donna finds it hard to contain her jealousy after discovering Ross spent the night with Chas, and Lily is sent home early from the factory because of her arthritis. (T)

7.30 Coronation Street. Liam and Carla worry about Tony's motives when he invites them for a weekend away with Maria. Sally and Kevin discover Rosie's lottery win after Darryl finds a letter addressed to her. Leanne tempts Dan with a share of her ill-gotten gains and Audrey tells Jason that Sarah may return. (T)

8.00 The Pride of Britain Awards. Carol Vorderman hosts the annual awards show, where celebrities such as David Beckham, Shirley Bassey, Paul McCartney, Simon Cowell, Jayne Torvill and Christopher Dean surprise brave individuals who have won awards for courage and heroism. Winners include a 12-year-old who saved his mother from a knife attack, a man who rescued a three-year-old from a vicious pit bull terrier despite his phobia of dogs, and the scientist who has 'fathomed' more than three million babies by inventing IVF. (T)

10.00 News at Ten and Weather. (T)
10.30 London News and Weather. (T)

10.35 Num3rs. A DNA synthesiser with the ability to customise diseases is stolen from Charlie's campus, raising Don's fears that it may have been an inside job and could be used to begin a bio-warfare programme. Rob Morrow stars. (T)

11.35 Homes from Hell 2008. People whose homes have been hit by disaster - from being destroyed by fires and floods to a couple coping with next-door's monstrous extension and a house that cracked in two. (R) (T)

12.30 Nightwatch with Steve Scott: Mystery. 1.20 La Dragnet; (T) ITV News Headlines. 2.10 Loose Women. (R) 2.55 The Jeremy Kyle Show. (R) 3.50 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 13000 News 1415 Amor e Intrigas 1515 Portugal no Coração 1800 Portugal em Direto 1910 O Preto Certo 2000 News 2100 Em Reportagem 2130 Jogo Duplo 2230 Football: Review 0015 Cidade sem regresso, film 0215 Billy Elliot, film 0415 Portugal no Coração 0605 Notícias

RTP2
0700 Euronews 0715 Zig Zag 1400 Sociedade Civil 1530 Próxima Paragem 1600 National Geographic 1700 Zig Zag 1830 AFé dos Homens 1900 Biosfera 1945 Zig Zag 2045 Estranhos na América 2115 National Geographic 2200 News 2240 Without a Trace 2330 Clube de Imprensa 0315 Sociedade Civil 0445 Euronews

SIC
0600 Sic Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Como uma Onda 1515 Beleza Pura 1615 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 A Verdade Compensa 2300 A Favorita 0030 CSI Miami 0130 CSI Las Vegas 0230 Todos em Linha 0430 Ciranda de Pedra 0700

TVI
0200 Diário Da Manhã 1015 Você na TV 1300 News 1400 As Tardes da Júlia 1700 Que Quer Ganha 1800 Morangos com Açúcar 2000 News 2130 Jogo Duplo 2230 A Outra 2330 Notícias 0030 Born on the 1st of July, film 0330 Sempre a Somar 0445 TVI Negócios 0500 Até que a Morte nos Separe 0530 Telealeas

Best of the Rest

BBC3
7.00 Freaky Eaters 8.00 Dog Borstal 9.00 Driving Mum and Dad Mad 10.00 Heroes 10.45 Family Guy 11.05 Coming of Age 11.35 The Most Annoying Pop Moments - We Hate to Love 2.05 Driving Mum and Dad Mad 3.05 Dog Borstal 4.00 Freaky Eaters 5.00 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Ways of Seeing 8.00 A History of British Art 8.50 David Hockney's Secret Knowledge 10.00 The Art of Arts TV 11.00 Arena 12.00 Arena 1.00 Arena 2.00 The Art of Eternity 3.00 The Art of Arts TV 4.00 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 Smallville 8.00 Hell's Kitchen USA 9.00 Jack Osbourne: Celebrity Adrenaline Junkie 10.00 Celebrity Juice 10.30 Coronation Street 11.00 No Heroics 11.30 Katy Brand's Big Ass Show 12.00 CelebAir 1.00 Sex, Love and Secrets 1.45 Teleshopping 4.45 ITV2 Nightscreen

Sky1
1.00 Project Catwalk 2.00 Bones 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Soccer AM: The Best Bits 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Don't Forget the Lyrics US 9.00 Film: Robin Hood:

Men in Tights PG (1993) 11.05 Road Wars 12.05 Ross Kemp Meets The Glue Kids of Kenya 12.35 Road Wars 1.30 Road Wars 2.25 Greece Uncovered 3.20 Uncut! Sex on the Job 4.15 Bite Size Brainiac 4.20 Brainiac: Science Abuse 5.10 Guilty!

UKTV Gold
1.20 Last of the Summer Wine 2.00 Porridge 2.40 As Time Goes By 3.20 One Foot in the Grave 4.00 The Two Ronnies 5.00 As Time Goes By 5.40 My Family 6.20 Keeping Up Appearances 7.00 Last of the Summer Wine 7.40 As Time Goes By 8.20 One Foot in the Grave 9.00 Open All Hours 9.40 Porridge 10.20 The Royle Family 11.00 Men Behaving Badly 11.40 Little Britain 12.20 Open All Hours 1.00 The Royle Family 1.40 Holly City 2.40 Baywatch 3.25 Baywatch 4.10 Baywatch 4.55 EastEnders 5.25 The Dick Emery Show 5.35 Neighbours

TCM
1.00 The Great Caruso U (1951) 3.00 Young Bess U (1953) 5.05 Young Cassidy PG (1964) 7.00 Dial M for Murder PG (1954) 9.00 Bullitt 15 (1968) 11.00 Whose Life Is It Anyway? 15 (1981) 1.05 The Fearless Vampire Killers 12 (1967) 3.05 Dark of the Sun 12 (1968) 5.00 The Charge of the Light Brigade U (1936)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama
6.00 Carolina PG (2003) 7.45 Sybil 12 (2007) 9.30 Baby It's You 15 (1983) 11.30 Modern Greats & Classics Close Up 12.00 Colombo Undercover PG (1994) With Peter Falk. 1.45 Saving Milly PG (2005) With Bruce Greenwald. 3.30 Billy Bathgate 15 (1991) With Dustin Hoffman. 5.30 How to Lose Friends and Alienate People Special 6.00 Marilyn Hotchkiss Ballroom Dancing and Charm School 12 (2005) With Robert Carlyle. 8.00 Stomp the Yard 12 (2007) With Columbus Short. 10.00 Unforgiven 15 (1992) With Clint Eastwood. 12.30 Kiss the Girls 18 (1997) With Morgan Freeman. 2.30 Body Count 18 (1998) With David Caruso. 4.00 Elizabeth: The Golden Age Special 4.20 Victim of Love PG (1993)

Sky Movies Comedy
6.55 Jane Austen's Mafia! 12 (1998) 8.25 Up 'n' Under 12 (1998) 10.05 Police Academy VI: City Under Siege PG (1989) 11.35 School for Scoundrels 12 (2006) With Billy Bob Thornton. 1.20 Trading Places 15 (1983) With Dan Aykroyd. 3.20 Dr

Sky Movies Action/Thriller
6.45 35MM 7.15 Ninja Dragons 15 (1994) 9.00 Torn Curtain 15 (1966) 11.20 Red Sun 15 (1985) With Brigitte Nielsen. 1.05 Deja Vu 12 (2006) With Denzel Washington. 3.25 Legionnaire 15 (1998) With Jean-Claude Van Damme. 5.20 Torn Curtain 15 (1966) With Paul Newman. 7.40 Deja Vu 12 (2006) With Denzel Washington. 10.00 Lethal Weapon 2 18 (1989) With Mel Gibson. 12.00 Red Sonja 15 (1985) With Brigitte Nielsen. 1.35 Inferno 18 (1999) With Jean-Claude Van Damme. 3.15 Soldier Blue 18 (1970) 5.15 Desperate Justice PG (1993)

(R) - repeat programme;

(T) - programme with teletext subtitles;

(S) - programme broadcast in stereo;

(bw) - black and white.

SPORT

Sky Sports 1
6.00 Good Morning Sports Fans 9.00 Football Asia 9.30 A-League 10.00 Revista De La Liga 11.00 Ladies European Tour Golf 12.00 European Seniors Tour Golf 1.00 Revista De La Liga 2.00 UEFA Champions League 2.30 UEFA Champions League 3.00 UEFA Champions League 3.30 UEFA Champions League 4.00 UEFA Champions League 4.30 UEFA Champions League 5.00 UEFA Champions League 5.00 UEFA Champions League 6.00 Total Rugby 6.30 PCA Cricket Awards 7.00 FIFA Futbol Mundial 7.30 Soccer Special 10.00 You're on Sky Sports! 11.30 FIFA Futbol Mundial 12.00 Total Rugby 12.30 Poker Million 2.30 Transworld Sport 3.30 You're on Sky Sports! 5.00 Sports Unlimited

Sky Sports 2
6.00 Aerobics Oz Style 6.30 X-Adventures 7.00 WWE Vintage Collection 8.00 Sports Unlimited 9.00 X-Adventures 9.30 Motor Racing 10.00 Poker Million 12.00 Pool 1.00 Ladies European Tour Golf 2.00 European Seniors Tour Golf 3.00 Poker Million 5.00 NFL: Total Access 6.00 Live UEFA Champions League. Liverpool vs PSV Eindhoven (Kick-off 7.45pm). 11.00 PCA Cricket Awards 11.30 NFL: Total Access 12.30 Everyday Is Raceday: Touring Car Diaries 1.00 Sailing 1.30 Beach Volleyball 2.30 PCA Cricket Awards 3.00 Close

Sky Sports 3
8.00 European Seniors Tour Golf 9.00 Pool 10.30 X-Adventures 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Sports Unlimited 1.00 NFL: Total Access 2.00 X-Adventures 2.30 Motor Racing 3.00 Sports Unlimited 4.00 Pool 5.00 WWE: Bottom Line 6.00 WWE: Afterburn 7.00 European Tour Weekly 7.30 Beach Volleyball 8.30 PCA Cricket Awards 9.00 Pool 10.30 Transworld Sport 11.30 Wild Spirits 12.00 Pool 1.30 Wild Spirits 2.30 Close

British Eurosport
7.30 Yoz Magazine 8.00 Live Snooker. The Shanghai Masters. 11.00 UEFA Cup Football 12.00 Snooker 12.45 Live Snooker. The Shanghai Masters. 4.00 Live WTA Tennis. The Porsche Tennis Grand Prix. 5.00 Eurogolf 5.15 Live WTA Tennis. The Porsche Tennis Grand Prix. 7.30 Wednesday Selection 7.40 Show Jumping 8.40 Riders Club 8.45 US Tour Golf 9.45 European Tour Golf 10.15 Golf Club 10.20 Sailing 10.35 Yacht Club 10.40 Wednesday Selection 10.45 Olympic Magazine 11.15 Snooker 12.30 Close

Sky Sports Xtra
1.30 A-League 2.00 Pool 3.30 Football Asia 4.00 A-League 4.30 Aerobics Oz Style 5.00 Beach Volleyball 6.00 Sailing 6.30 Everyday Is Raceday: Touring Car Diaries 7.30 Live Irish Greyhound Racing 7.30 Live UEFA Champions League. CFR Cluj v Chelsea (Kick-off 7.45pm). 10.00 Watersports World 11.00 X-Adventures 11.30 Irish Greyhound Racing 12.00 Max Power 1.00 X-Adventures 1.30 Irish Greyhound Racing 2.00 Close



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THU

BBC1

6.00 Breakfast. (T) 9.15 Real Rescues. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News: Weather. (T) 11.00 Open House. (T) 11.30 Cash in the Attic. (R) (T) BBC News: Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News: Weather. (T) 1.30 Regional News. (T) 1.45 Doctors. (T) 2.15 Diagnosis Murder. (R) (T) 3.00 BBC News: Weather; Regional News. (T) 3.05 CBeebies: LazyTown. (R) (T) 3.30 CBBC: Bear Behaving Badly. (R) (T) 3.50 Eliot Kid. (R) (T) The Owl. (R) (T) 4.05 Raven. (R) (T) 4.35 Beat the Boss. (R) (T) 5.00 Newsround. (T)

5.15 Weakest Link. Members of the public answer general knowledge questions against the clock, hoping to build a stack of cash and avoid being voted off. Anne Robinson presents. (T) BBC News: Weather. (T)

6.00 Regional News Programmes; Weather. (T)

7.00 The ONE Show. (T)

7.30 EastEnders. Stacey agrees when Bradley suggests renewing their wedding vows, but the excitement fades when he discovers contraceptive pills in her bag - and he later knocks Max to the floor in a fight. Christian insists he and Ronnie go for their reunion after finding out why she has been reluctant to attend, and Dot urges Patrick to be honest with Yolande about the big move. (T) BBC News; Regional News. (T)

8.00 The Planners Are Coming. Enforcement officer John Ayres is called to a waste-recycling operation, which is angering locals concerned about the health hazards. Tree officer Anne Currell is alerted when a protected Atlantic cedar is attacked, and developer Jeremy Morris finds himself without permission to rebuild his house. Postponed from 25 September. (T)

8.30 Accidental Heroes. The story of a group of teenagers who came to the rescue when a fisherman hit his head on rocks and fell unconscious into the sea. Also featuring a pet dog that pulled a boy with two broken arms to safety after his fall from a high rope swing, and a clooknet team of workmates who tracked down a missing colleague. Postponed from 25 September. (T)

9.00 Silent Witness. Part two of two. Leo tries to prise information from Levi, but it's only after the younger sister fails to go through with a stabbing that he runs away and begs for help, finally revealing all he knows. The police still struggle to secure any concrete evidence against gang leader Keenan, who manages to evade them and continue his killing spree. Just when all hope seems lost, however, the team make a breakthrough. (T)

10.00 BBC News. (T)

10.25 Regional News; Weather. (T)

10.35 Question Time. (T)

11.35 This Week; (T) Holiday Weather. (T)

12.25 Sign Zone: Panorama. (R) (T) 12.55 Sign Zone: Charles Boorman: Ireland to Sydney by Any Means. (R) (T) 1.55 Sign Zone: Would Like to Meet Again. (R) (T) 2.25 Sign Zone: Countryside. (R) (T) 3.20 BBC News. (T)



BBC2

6.00 CBeebies: Tikkabilla. (R) (T) 6.30 Teletubbies. (R) (T) Teenies Songtime. (R) (T) 7.00 CBBC: Dogstar. (R) (T) 7.25 Newsround. (T) Batfink. (R) (T) 7.35 Best of Friends. (R) (T) 8.05 Mortified. (R) (T) 8.30 CBeebies: Postman Pat: SDS. (T) 8.45 Chuggington. (T) 9.00 Clifford's Puppy Days. (R) (T) Teenies Songtime. (R) (T) 9.20 Balamory. (R) (T) 9.40 Little Red Tractor. (R) (T) 9.50 Pingu. (R) (T) 10.00 In the Night Garden. (R) (T) 10.30 Big Barn Farm. (R) (T) 10.45 Get Squiggling. (R) (T) 11.00 Schools: Maths Channel. (T) 11.10 Let's Write a Story. (T) 11.30 Something Special. (T) 11.45 What? Where? When? Why? (T) 12.00 The Daily Politics. (T) 12.30 Open Gardens. (R) (T) 1.00 Out of the Blue. (T) 1.25 Coast. (T) 1.30 Living in the Sun. (R) (T) 2.15 Animal 24/7. (R) (T) 3.00 Murder, She Wrote. (R) (T) 3.45 Flog It! (R) (T) 4.30 Step Up to the Plate. (T) 5.15 Wanted Down Under. (T) 6.00 Eggheads. (R) (T) 6.30 Strictly Come Dancing - It Takes Two. (T) 7.00 James May's Big Ideas. Profiling the latest modes of transport. (R) (T) 8.00 The Restaurant. Preparing food for first-class passengers on a Boeing 747. (T) 9.00 Never Mind the Buzzcocks. New series. Simon Amstell hosts the irreverent music quiz. (T) 9.30 Beautiful People. New series. Sitcom, starring Samuel Barnett and Olivia Colman. (T) 10.00 The Graham Norton Show. New series. With guests Harry Shearer and the band Travis. (T) 10.30 Newsnight; Weather. (T) 11.20 Amazon with Bruce Parry. (R) (T) 12.20 How I Met Your Mother. (R) (T) 12.45 How I Met Your Mother. (R) (T) 1.05 BBC News. (T) 3.20 Close. 4.00 BBC Learning Zone. (T)

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Pick of the Day

Beautiful People (BBC2, 9.30pm)

This new comedy series promises to be a gem for two reasons: number one, it's based on the memoirs of the delightfully eccentric Simon Doonan, creative director of department store Barneys in New York, and number two: it brings the hugely talented actress Brenda Fricker back to the small screen. She was a Casualty star before she went off to Hollywood and won an Oscar, but she returns here. It begins with our hero Simon catching a red vase, which sparks memories of 10 years ago and a youth spent in Reading. The year is 1997 and Simon has his heart set on a particularly gorgeous red vase. However, before he can get his hands on it, he pays a visit to his pal Kyle's home, where he stumbles on a rather lovely turquoise frock. Cheekily, he decides to borrow the item, but has no idea how much trouble he's going to land his mum Debbie in when the dress's owner, Reba (Kyle's mum), accuses her of trying to seduce her plumber husband. Amid the chaos and confusion that ensues, will Simon find a way to bag that dream vase? The superb cast includes Olivia Colman, Aidan McArdle, Layton Williams, Samuel Barnett and Luke Ward-Wilkinson.

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Freshly Squeezed. 7.30 Everybody Loves Raymond. (R) (T) 7.55 Just Shoot Me. (R) (T) 8.25 Just Shoot Me. (R) (T) 8.55 Frasier. (R) (T) 9.30 Britain's Deadliest Addictions. (R) (T) 3 Minute Wonder. (R) (T) 10.00 Advertising Uncut. (R) (T) I've Got This Friend. (R) (T) 10.30 Seven Ages of Britain. (R) (T) I've Got This Friend. (R) (T) 11.25 Year Dot. (T) I've Got This Friend. (R) (T) 12.00 News at Noon. (T) 12.30 Frasier. (R) (T) 1.05 FILM: The Cassandra Crossing (1976). Disaster epic, with Burt Lancaster. (T) 3.25 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder: Miss Landmine. Beauty pageant contestant Augusta Hurica. Last in series. (T) 8.00 The Great Italian Escape. Sarah Turnbull plants the winter vegetable patch. (T) 8.30 Chateau Monty. A wine expert flies in from London at harvest time. (T) 9.00 Dana: The 8 Year Old Anorexic. The growing trend of eating disorders among children. (T) 10.00 8 Out of 10 Cats. Topical panel show. (T) 10.35 Star Stories. (R) (T) 11.05 When Women Rule the World. (T) 12.10 4Music: Razorlight: Video Exclusive. 12.15 Alan Carr's Celebrity Dig Dong. (R) (T) 1.00 4Music: JD Set Presents Kubichek! (R) (T) 1.15 4Music: JD Set Presents the Answering Machine. (R) (T) 1.30 4Music: 4Play: Tricky. 1.45 Coming Up: The Circle. (R) (T) 2.10 FILM: The Dancer Upstairs (2002). Premiere. Political thriller, starring Javier Bardem. (T) 4.20 St Elsewhere. (R) (T) 5.15 Countdown. (R) (T)

FIVE

6.00 Milkshake! Miss Spider's Sunny Patch Friends. (R) (T) 6.10 Franny's Feet. (R) (T) 6.25 Fireman Sam. (R) (T) 6.35 Hana's Helpline. (R) (T) 6.45 Milkshake! Music Box. (R) (T) 6.55 Mio Mao. (T) 7.00 The Adventures of Bottle Top Bill and His Best Friend Corky. (R) (T) 7.10 Roary the Racing Car. (R) (T) 7.25 The Mr Men Show. (R) (T) 7.40 Make Way for Noddy. (R) (T) 7.55 Fifi and the Flowerbuds. (R) (T) 8.10 Peppa Pig. (R) (T) 8.20 Thomas & Friends. (R) (T) 8.35 Bert and Ernie's Great Adventures. (R) (T) 8.45 Sailor Sid. (R) (T) 8.50 Pocoyo. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 How Not to Decorate. (R) (T) 12.30 five news. (T) 12.45 Monkey Life. (R) (T) 1.15 Home and Away. (T) 1.45 Neighbours. (T) 2.20 Live UEFA Cup Football. Wisla Krakow v Tottenham Hotspur (Kick-off 2.40pm). Subsequent programmes are subject to change. 5.00 five news; Weather. (T) 5.30 Neighbours. (R) (T) 6.00 Home and Away. (R) (T) 6.30 Live UEFA Cup Football. Standard Liege v Everton (Kick-off 6.40pm). Colin Murray presents coverage of this evening's first-round second-leg encounter at the Stade Maurice Dufrasne in Belgium. Subsequent programmes are subject to change. 9.30 Live UEFA Cup Football. Vitoria Guimaraes v Portsmouth (Kick-off 9.35pm). Colin Murray presents the final match of today's triple bill, as the teams meet in the second leg of this first-round qualifier at the Estadio D Afonso Henriques. Subsequent programmes are subject to change. 12.05 Quiz Call. 4.00 Major League Soccer. 4.45 Wildlife SOS. (R) (T) 5.10 Neighbours. (R) (T) 5.35 Home and Away. (R) (T)

2 OCT

ITV1

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 1.55 London News and Weather. (T) 2.00 60 Minute Makeover. (T) 3.00 The Alan Titchmarsh Show. (T) 3.59 London Weather. (T) 4.00 Midsomer Murders. (R) (T)

5.00 Britain's Best Dish. In the final Scottish heat, judges Ed Baines, Jilly Golden and John Burton face sample and comment on dishes including vegetarian haggis pakoras and pork with Calvados sauce. (T)

6.00 London Tonight; Weather. (T)

6.30 ITV Evening News; Weather. (T)

7.00 Emmerdale. Marlon hopes to brighten Donna's day by buying her a new dress and taking her to the fundraising ball, but when he gets involved in a fight she ends up leaving with Ross. Katie is annoyed to learn that Nicola is working at Home Farm and Donald wants Anna against mixing business with pleasure. (T)

8.00 The Bill. Part two of two. Gina's last day with the Sun Hill watch reaches a climax with a tense stand-off as manic stalker Jake Quinn holds Smithy and two schoolgirls at gunpoint, refusing to talk to anyone except the woman he has been harassing. Callum and Rachel keep cool heads and reconnoitre the scene, while the Armed Response Unit is summoned to bring a swift resolution to the situation, but hearts sink as they see a shot rings out around the school. (T)

9.00 Natural Born Sellers. New series. Eight salespeople compete over six weeks, working for different companies and earning real commission. In the first episode the contestants take over as sales team at a Derby furniture store on a bank holiday Monday. All commission earned - plus a weekly bonus for hitting targets - is put into a central fund that only one can win. Narrated by Peter Egan. (T)

10.00 News at Ten and Weather. (T)

10.30 London News and Weather. (T)

10.40 Soundtrack to My Life. Former Mike and the Mechanics singer Paul Carrack talks to Cat Deeley about his life and career and the influence music has had on him. Last in series.

11.10 The London Programme. An investigation into the #27million crime wave that has resulted in hundreds of bicycles being stolen from the capital each day, with footage of professional thieves in action. (R)

11.40 London. A new series looking behind the headlines at the stories, the issues and the people that matter to the capital's residents. Presented by Tamzin Sylvester.

12.10 Bingo Night Live. 1.10 Motorsport UK. (T) 1.35 Nightwatch with Steve Scott: Emergency. (R) (T) ITV News Headlines. 2.30 Loose Women. (R) 3.20 The Jeremy Kyle Show. (R) (T) 4.15 ITV Nightscreen.

LOCAL

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1430 Futbal: World Championship 2006 (Live) Portugal vs Paraguai 1600 Portugal no Coração 1800 Portugal em Directo 1900 O Prego Certo 2000 News 2100 A Grande Entrevista 2145 Quêrdo Duro 2230 TBA 0200 A Quimera do Ouplo, film crime no dia das Águas, film 0500 Portugal no Coração 0605 NOS

RTP2
0700 Euronews 0715 Zig Zag 1400 Sociedade Civil 1530 Próxima Paragem 1600 National Geographic 1700 Zig Zag 1830 AFé dos Homens 1900 Iniciativa 1945 Zig Zag 2045 Estranhos na América 2115 National Geographic 2200 News 2240 Bones 2330 Balanco & Contas 0030 Noites da 2 0130 Iniciativa 0215 Liga dos Últimos 0300 Sociedade Civil 0430 Euronews

SIC
0600 Sic Notícias 0900 Dia Em Grande 1000 Fátima 1300 News 1415 Como uma Onça 1515 Beleza Pura 1615 Contacto 1800 Rebelde Way 1900 Roda da Sorte 2000 News 2130 Osa Malucos do Riso 2300 A Favorita 0045 CSI Miami 0145 Cartaz Cultural 0230 Tódos em Linha 0430 India with Sanjeev Bhaskar 0530 Ciranda de Pedra

TVI
0700 Diário Da Manhã 1015 Você na TV 1300 News 1345 As Tardes de Julia 1700 Quem Quer Ganhar 1800 Morangos Com Açúcar 2000 News 2130 Feito em Portugal 2230 A Outra 2330 Fado e Blues 0030 Clube dos Investigadores 0145 Cartaz das Artes 0215 Sempre a Somar 0345 Até que a Morte nos Separe 0415 TVI Negócios 0500 H20, Series 0530 Teleales

Best of the Rest

BBC3
7.00 Freaky Eaters 8.00 Don't Tell the Bride 9.00 The World's Strictest Parents 10.00 EastEnders 10.30 The Wrong Door 11.00 Family Guy 11.20 Two Pints of Lager and a Packet of Crisps 11.50 Two Pints of Lager and a Packet of Crisps 12.20 The World's Strictest Parents 1.20 Don't Tell the Bride 2.20 The Wrong Door 2.50 Massive 3.20 Freaky Eaters 4.15 Dog Bortals 5.15 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Fossil Detectives 8.00 Hindsight: Beeching 8.30 Railway Walks 9.00 Ian Hislop Goes Off the Rails 10.00 Great Railway Journeys 10.55 BBC Four Sessions 11.55 Railway Walks 12.25 Ian Hislop Goes Off the Rails 1.25 Fossil Detectives 1.55 The Art of Eternity 2.55 Ian Hislop Goes Off the Rails 3.55 Close

ITV2
1.00 Airline USA 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.45 Ricki Lake 4.30 Sally Jessy Raphael 5.20 The Montel Williams Show 6.05 Judge Judy 7.00 CelebAid 8.00 The Fashion Show 9.00 Katie & Peter: The Next Chapter 10.00 Secret Diary of a Call Girl 10.30 No Heroics 11.00 Entourage 11.30 Film: Gone in 60 Seconds 15 (2000) 1.45 Katie & Peter: The Next Chapter 2.35 Teleshopping 5.35 ITV2 Nightscreen

Sky1
1.00 Project Catwalk 2.00 Bones 3.00 Cold Case 4.00 Stargate Atlantis 5.00 Don't Forget the Lyrics US 6.00 Malcolm in the Middle 6.30 Futurama 7.00 The Simpsons 7.30 The Simpsons 8.00 Celebrity Are You Smarter Than a 10 Year Old?

TCM
1.00 Adventures of Don Juan U (1948) 3.00 The Time Machine PG (1960) 5.00 San Antonio PG (1945) 7.00 The Maltese Falcon PG (1941) 9.00 The Drowning Pool 12 (1975) 10.55 Cannery Row 12 (1982) 1.05 The Man Who Laughs 15 (1966) 2.55 Jezebel U (1938) 5.00 Crest of the Wave U (1954)

The Disney Channel
Kids' programmes from 7am, except:

MOVIES

Sky Movies Drama

6.00 Between Love and Honor PG (1995) 7.45 Yesterday PG (2004) 9.30 American Gangster Series 9.45 Lucky You PG (2007) 12.00 Columbo: Strange Bedfellows PG (1995) With Peter Falk. 1.45 Semi-Tough 15 (1977) With Burt Reynolds. 3.45 35MM 4.15 Mrs Harris 15 (2005) With Annette Bening. 6.00 Holy Man PG (1998) With Eddie Murphy. 8.00 Becoming Jane PG (2006) With Anne Hathaway. 10.00 The Guardian 15 (2006) With Kevin Costner. 12.30 Heaven's Gate 15 (1980) With Kris Kristofferson. 4.15 Desperate Rescue 12 (1992)

Sky Movies Comedy

6.20 Special Delivery 12 (2008) 7.55 Expiration Date 12 (2006) 9.35 RV: Runaway Vacation PG (2006) 11.20 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 1.00 Little Man 12 (2006) With Marlon Wayans. 2.40 The Top 10 Show 3.00 Accepted 12 (2006) With Justin Long. 4.40 Failure to Launch 12 (2006) With Matthew McConaughey. 6.20 The Truth About Cats and Dogs 15 (1995) With Uma Thurman. 8.00 Little Man 12 (2006) With Marlon Wayans. 9.45 Accepted 12 (2006)

With Justin Long. 11.25 Failure to Launch 12 (2006) With Matthew McConaughey. 1.05 RV: Runaway Vacation PG (2006) With Robin Williams. 2.50 Night Shift 15 (1982) With Michael Keaton. 4.40 Expiration Date 12 (2006)

Sky Movies Action/Thriller

6.55 Reign of the Gargoyles 12 (2007) 8.30 Gorky Park 15 (1983) 10.45 Shadow Conspiracy 15 (1997) 12.30 Superman Returns 12 (2006) With Brandon Routh. 3.05 Gorky Park 15 (1983) With William Hurt. 5.20 The Net 12 (1995) With Sandra Bullock. 7.20 Reign of the Gargoyles 12 (2007) With Joe Penny. 9.00 The Avengers 12 (1998) With Ralph Fiennes. 10.35 The Net 12 (1995) With Sandra Bullock. 12.35 Blood Simple 18 (1984) With Frances McDormand. 2.25 Body of Evidence 18 (1992) With Madonna. 4.20 In the Line of Duty: Siege at Marion PG (1992)



SPORT

Sky Sports 1

6.00 Good Morning Sports Fans 9.00 PCA Cricket Awards 9.30 Total Rugby 10.00 Transworld Sport 11.00 European Tour Weekly 11.30 FIFA Futbol Mundial 12.00 PCA Cricket Awards 12.30 Total Rugby 1.00 European Tour Weekly 1.30 Live European Tour Golf. The Alfred Dunhill Links Championship. 5.30 FIFA Futbol Mundial 6.00 A1 Grand Prix 6.30 Premier League World 7.00 Live Rugby Club Special. Worcester Warriors v Harlequins (Kick-off 7.45pm). 10.00 Premier League World 10.30 A1 Grand Prix 11.00 NFL: Total Access 12.00 Rugby Club Special 3.00 ATP Tennis 3.30 Premier League World

Sky Sports 2

6.00 Aerobics Oz Style 6.30 X-Adventures 7.00 WWE: Experience 8.00 Watersports World 9.00 X-Adventures 9.30 Irish Greyhound Racing 10.00 Motor Racing 10.30 Everyday Is Raceday: Touring Car Diaries 11.00 Beach Volleyball 12.00 X-Adventures 12.30 Everyday Is Raceday: Touring Car Diaries 1.00 Transworld Sport 2.00 Total Rugby 2.30 Motor Racing 3.00 Beach Volleyball 4.00 FIFA Futbol Mundial 4.30 PCA Cricket Awards 5.00 NFL: Total Access 6.00 ATP Tennis 6.30 Everyday Is Raceday: Touring Car Diaries 7.00 IAAF Athletics Weekly 7.30 Show Jumping 8.00 Golf Night 11.30 Live Golf Night. The Samsung World Championship. 1.30 Show Jumping 2.00 Poker 4.00 Close

Sky Sports 3

9.00 Pool 10.30 X-Adventures 11.00 Aerobics Oz Style 11.30 Racing News 12.00 Watersports World 1.00 NFL: Total Access 2.00 X-Adventures 2.30 Irish Greyhound Racing 3.00 Watersports World 4.00 Wild Sports 4.30 Everyday Is Raceday: Touring Car Diaries 5.00 WWE Vintage Collection 6.00 WWE Wrestling Special 7.00 The Dogs 7.30 Duathlon 8.30 A1 Grand Prix 9.00 The Dogs 9.30 WWE: Late Night - Raw 11.30 Extreme Championship Wrestling 12.30 WWE Wrestling Special 1.30 Pool 3.00 A1 Grand Prix 3.30 Close

British Eurosport

7.30 Olympic Magazine 8.00 Live Snooker. The Shanghai Masters. 11.00 Show Jumping 12.00 Snooker 12.45 Live Snooker. The Shanghai Masters. 4.00 Live WTA Tennis. The Porsche Tennis Grand Prix. 5.00 Eurogals 5.15 Live WTA Tennis. The Porsche Tennis Grand Prix. 7.30 World Superbikes 8.30 MotoGP 9.30 World Rally Championship 10.00 UEFA Cup Football 11.00 UEFA Champions League 12.45 Close 4.45 Live MotoGP. The Australian Grand Prix MotoGP practice session.

Sky Sports Xtra

1.30 Sailing 2.00 Pool 3.30 Total Rugby 4.00 X-Adventures 4.30 Aerobics Oz Style 5.00 Watersports World 6.00 X-Adventures 6.30 Show Jumping 7.00 Race World 8.00 Pool 9.30 Show Jumping 10.00 Live Poker. Coverage of the online Sky Poker Five-00 tournament. 12.00 Duathlon 1.00 X-Adventures 1.30 The Dogs 2.00 Show Jumping 3.30 Close

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7 lovely kittens are waiting for a new home! Rescued from a Restaurant in Alvor 10 days ago. They are all very healthy, pretty and friendly. 4 siameses, 1 grey/blue, 1 ginger and 1 black. They are wormed and defleaded but will need their vaccination soon. Call Valérie for a visit 913 860 865 or 282 342 823 (eves)

Hello there! I am Romy a beautiful podengo X which is looking for a nice loving home. Valérie says I am very friendly and it's true. I love people and children and Valérie wonders why nobody wants to adopt me! Romy has been wormed, defleaded, vaccinated and spayed. Call Valérie for a visit 913 860 865 or 282 342 823 (eves)



Jeremias, a 3-month old kitten was found wounded, probably bitten by a dog. He is being treated but he spends his days in a cage as in the house where he is, he

cannot be out. There are dogs and the people are absent during the day. He was so bored in the cage that he ripped off his bandages and opened the wound. The treatment had to restart. Apart from this however, he has no diseases. He is healthy. He only needs a safe home where his bite wounds can heal. If you live in the area of Lisbon and would like to have a dog or cat, please contact Association Bianca in Sesimbra. We are a group of volunteers rescuing dogs and cats from the streets in an area that is characterised by one of the major abandonment rates in Portugal. We have many dogs and puppies, cats and kittens that need re-homing. If you cannot take a dog home, you can help us by fostering one. We also need volunteers to walk our dogs and take them to the vet. Please contact:

sesimbra.bianca@gmail.com (English, French and Spanish spoken) and read about our work at www.bianca.pt/english and <http://bianca-pet-rescue-adoption.blogspot.com/>

Bianca
Associação de Protecção aos Animais sem Lar do Concelho de Sesimbra
NIB: 00350 771 0001 636 053 029 / Conta 0771016360530 CGD

And this is routine

This picture is of Zoro (right), a huge Great Dane size, very sloppy dog that adopted us 18 months ago.

He would not leave our house and garden, he was full of tics, had no eating manners but was, and still is a gentle giant. At the time I had four dogs and could not cope with another so Julie bravely agreed to take him 'while we found a home' — so where have we all heard that

before. Julie said 5 days till the dog's home had a space.

Needless to say Zoro remains with Julie. His manners have improved, he is quieter, he is hopeless on a lead but the love he has for Julie is amazing. I am convinced he would protect her well if he had to. Well, his size should put people off anyway. He is marvellous with the children and will go off walking with them as



Happy sleeping Zoro.

they ride their bikes around their land.

Where does the routine come in you are wondering — well look at this photo, this is Zoro's nightly routine. This is where Zoro spends his every evening whilst Julie is sat at her desk working. Just like our house where the dogs

are sleeping whilst we are working. It's a dog's life — and some fall on their feet as Zoro did when he arrived in our lives. Some lead a much tougher life. Happy sleeping Zoro.

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Routines — pros and cons

Many of us live our life to a routine. My observations of my parents are that, perhaps, as you get older routine is more set in stone. Unless it is just the difference in generation patterns. For some people routine is comforting, for others it can cause more stress than it tries to prevent.

From an animals point of view not being able to predict their environment is stressful, it reduces their sense of control and the ability to maintain a positive emotional state.

Living a life of routine allows a dog to know the pattern of their day, what will happen when. In my parent's case they get up at

a set time, very early, they walk the dog at a set time, he has a saucer of 'coffee' on his return, he then retires to the living room to sit on the back of a chair to wait for the postman and bark at him madly as he tries to lurch his small body out of the window. He then sleeps. His lunch arrives, afternoon walk at 16.00, his last amble around the garden is at 22.00 after he has played with his toys for 30 minutes — he comes back in and goes straight up to bed. Occasionally he gets a treat of a trip in the car to the recycling centre. This has been his routine for 10 years, he is happy in his routine. However, there is tremendous stress involved for both my par-

ents when something changes, if one of them is ill, the weather is very bad and the pattern changes. My parents worry does Pepe, their dog, worry I am not really sure as it is difficult to tell. I always reassure my parents that he will not worry if he misses a walk as long as he is with them and he has the garden to pop to, but to them routine is everything.

However, for some dogs there may come a point when the dog is so dependent upon routine that he can't cope when it is changed, he becomes anxious, frustrated even annoyed.

There are no rules that say whether a dog will benefit from a routine governed by the clock or from learning to expect variety. If variety is the norm dogs learn to look for more specific clues that allow them to know what to expect next. Compare the dog that expects a walk at 10.00am every morning to the one that has a less rigid time. At 10.00am when the walk normally happens the dog gets up, paces, becomes agitated and worries. A dog with no pattern just learns to look for clues for a walk, owner collecting special shoes, picking up lead. For most 'routine' dogs the implication of not going for the walk at a set time is that the owner gets cross with the dog, as the dog is bounding about in anticipation. More sensitive dogs may feel some disquiet, whilst some of them may become fractious.

My own dogs seem to have some but very few set patterns, well Sandy was the worst for routine. She would pound about the house for her breakfast first thing and if it got past 19.00pm she was frantic for dinner. Chloe is a complete nutcase at 21.00pm in the evening as Jim has got her into the habit of having her Bonio then. With Lennie and Sandy it was always Bonios at bedtime but we do not seem to do that now. Probably be-

cause we work such long hours the dogs are asleep long before we are!!! Now we have no Sandy the others do not seem at all bothered when food arrives. Yes, occasionally they will all three go to the kitchen and sit by a bowl — but they are not creatures of routine.

Some dogs become well adapted to the owners going to work and returning at a set time. However, some show signs of anxiety or frustration if the pattern changes, the hours at work change suddenly. I read somewhere of a dog who was so upset when the owners work pattern changed that they had to call in a dog whisperer to help.

The owners put up a camera to check what the dog was doing whilst she was at work. The dog would lay across the door panting and crying the whole time, just waiting for the door to open. Work had to be done to help the poor dog and with a couple of weeks work the camera proved he just slept relaxed in the house whilst the owner was away. Providing a dog with a 'clue association' can help, so they get used to a certain event prior to leaving, playing certain music that is only on at that time, placing a tea towel over the door handle. A sign for the dog to cling to. My parents always go through a 'going to the shops' routine on the rare occasions they leave the dog to visit friends, they will go out of the door with the shopping bag and list, tell him they are going shopping, then leave everything outside. It works, he accepts that they have to go shopping, so they can go to friends and all is OK.

(To be continued in our next edition, 4th October)

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Knut loses a Friend



DiCaprio became a big fan after appearing with **Knut** for a Vanity Fair green issue cover shoot. Dörflein, 44, had re-



The zookeeper who reared the most famous polar bear on earth from birth has been found dead in his Berlin, Germany apartment.

Thomas Dörflein became a celebrity in Germany after giving up a year of his life to rear baby polar bear **Knut**, who was rejected by his mother at birth. Stars flocked to see the cute bear at the Berlin Zoo whenever they were filming in the city and **Leonardo**

portedly been ill for some time before his death, an autopsy has shown the cause of death to be cardiac infarction. **Knut** will search for his friend, but with time will overcome this loss without any permanent effects, the biologist for the bears at the zoo Heiner Klös stated.

Bears notice when someone is no longer there, they just cannot realize that that person will never



be there again, said Klös. Visitors to the Berlin Zoo have been leaving condolence letters, stuffed animals and flowers, near **Knut's** enclosure. The Zoo, for which Dörflein had worked for over 25 years, set up an online

condolence book, where in the first 24 hours over 2,700 emails arrived. Most from Germany, but also from countries around the world, including France, Sweden, Holland, Turkey, USA and Vietnam.



DIRECT ONLINE
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Algarve Fayre weekend



Cleo and Merlin

We had a very busy time with setting up the stand and being on it all weekend. We had to arrange the care of Lewis and Nicholas, the youngest members of Paws, thank you Maria for all your help. We also had to try to cover two shops and do our pet food deliveries, it was all a juggling act as there are only three of us.

Care of our own dogs had to be sorted as well. Julie has a very good kennel and run on her land so hers are OK to stay — however on Sundays shooting causes problems and it seems Jess, her most fright-

ened GSD, locked herself in the house she was so frightened. Shooting does frighten them. Sorting my three out was more of a challenge. However, Julie managed to fit my cage into the stand — this cage is the one we use for the shows, it is cool and they use it all the time so it is, to them, home. However, I decided coping with all 3 of them would be too much so Mr Merlin spent the weekend with his Daddy, first at the shop all day on Saturday where he did his 'meet and greet' and was wonderful and impressed his Daddy and then all day Sunday at home. So, it was just my girls at the show with me for the weekend. Chloe and Cleo were angels, absolutely no trouble,

never opened their mouths or complained. For Chloe it was all new so she was the one I was worried about but she coped very well. They met lots of people and were on hand to demonstrate various stock items which was useful.

We met quite a few very new members of the Algarve, literally they have just moved to the area, it was nice to talk to them and think back to that time ourselves, seems ages ago. We were able to help various people just by talking to them about our experiences — driving to Crufts has been useful as people are always interested in how easy that was.

Two moments stand out. A couple of months ago I was contacted by a family as they had severe problems with Toby, their Old English Sheepdog. Luckily I was able to help them out by lending them some straps and recommended a vet I thought could help. Now Toby is getting better. They came to see us on our stand. The most amazing news is that both Toby and Chloe come from the same breeder in Lancashire. This is just fantastic, I lived in Torquay and Chloe came from near Blackpool, so to bump into a brother

1,500 miles away is uncanny. We have promised to let them meet in the next couple of weeks, it may help Chloe who is still grieving badly for Sandy.

The other, very minor, moment for me was when Jim arrived with Merlin at 19.00pm on Sunday, the first person to see Merlin from quite a distance was Chloe, (the OES) she stood up and cried and wagged her tail, she was so excited. I had always thought that she 'tolerated' Merlin as he is a youngster dashing around like a mini tornado, but it seems she, Chloe, does actually like him. So that was a breakthrough for me.

Next busy weekend will be BLIP — that will be much more complicated as the doggies cannot go there, so some juggling will be necessary.

Thank you to all who visited us and hope we see you all again soon at one of our stores. Remember my phone is on 24/7 so you can ring me anytime, I may be able to help, I may not but I can be a 'shoulder' if you need one.

Protect your pet with knowledge. Knowledge is power and it could mean the difference between life and death.

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IGREJA DA SRA. DOS NAVEGANTES, CASCAIS Rua dos Navegantes, Catholic Services in English, Mass each Saturday at 6.30pm; Mass each Sunday and Holyday 12 noon Tel. 21 467 3771

ST MARIA, São Pedro do Estoril Catholic Services in English every Sunday at 10.15 Tel. 21 467 3771

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INTERNATIONAL BAPTIST CHURCH OF LISBON 11.30am English worship service in the facilities of the Terceira Igreja Evangélica Baptista de Lisboa. Location: Rua Filipe Folque, 36, 1st Floor, 1050 Lisbon. Rev. Joseph Ian Momoh

BAPTIST MISSION - Esqueira (Aveiro) Traditional Baptist church service in English on Sunday at 5pm. Contact: Pastor David Loop Tel 965-363-986

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RIVERSIDE INTERNATIONAL CHURCH Office: Rua São José 178, 1.º dto, Fontainhas, 2750-134 Cascais. Phone: 21 4836590. Fax: 21 4836592. Church: ABLA (next to Riviera Hotel), Praceta Infante D. Henrique, Nº 80, Quinta do Junqueiro, 2775-584 Carvelos. We are an interdenominational Christ-centered, contemporary, caring & culturally relevant church meeting at ABLA in Carvelos each Sunday at 9:00am in Portuguese and 11:00am in English. Creche, children and youth ministries provided.

THE DOOR Christian International Church—meets at Cidade Desportiva, Praceta Carlos Capitulo, Loja "B" Massama / Queluz, every Sunday at 10:30am and 7:00pm—all welcome. For more information call Pastor Frank Escobar at 21-467-3386 or Mobile 919 086 683 God Bless!

CHAPEL OF ST. PIUS X: PRIORADO S. PIUS X, Estrada de Chelas, 31, 1900 Lisboa. Tel. (21) 814 3591. Latin Tridentine Mass, Lisbon every Sunday at 11am. Rosary before Mass, confessions also available. Monforte (Alentejo) also 2nd & 4th Sundays, 6.30pm. Resident Priest: Ernesto Cardoso

ST GEORGE'S CHURCH, LISBON (Church of England). Rua S. Jorge. Enter through British Cemetery gate opposite Jardim da Estrela. Sunday School. Service 11.30am every Sunday. Tel. 21 4692303

ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30am every Sunday. Tel. 21 4692303

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Muril, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

ST. ANDREW'S CHURCH OF SCOTLAND (PRESBYTERIAN) Rua Ariaga, 13, Lisbon: Sun. 11.00. Ministers' Tel.: 214 837 885, www.standrews-lisbon.com.sapo.pt

CASCAIS INTERNATIONAL CHRISTIAN CHURCH Av. de Sintra, Nº 1154, Cascais (Tel. 21 486 1856). Sunday English worship 10.30 Portuguese at 17.30. An international evangelical fellowship, nursery provided, children's church programme, mid-week bible studies.

THE SALVATION ARMY, LISBON Reboreira Corps (Praceta Almada Negro, Lote 213, Loja D1 do Exército 11A); Chelas Corps (Rua Rui de Sousa, Lote 65 A Loja C); Laranjeiras Corps (Bairro de Laranjeiras). At all these Corps: Morning Service 9.30am Salvation Meeting 5.00pm Picheleira Corp Rua Capitão Roby, Picheleira, Lisbon (21 805708).

IGREJA DE CRISTO (CRISTA) Chelas, Rio de Moura & Lisbon. At all three centres, services in Portuguese, bilingual counselling. (Tel. 21 2461596).

LISBON SYNAGOGUE: Rua Alexandre Herculano 59, Tel 21 385 8604 Fax 21 388 4304 e-mail: celebsboa@mail.telepac.pt

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IGREJA BAPTISTA de Queijas (close to Cascais) Rua Carlos Santos 8B, Queijas Near the Olympic Stadium off the A5. Tel: 214 172 087. Sunday Service: English 10.15 / Portuguese 12.00 Prayer and Bible Study: Thursday 8pm Traditional Baptist Service in English followed by Sunday School.

JEHOVAH'S WITNESSES - Public Talk in English, Rua João de Deus, 76, Sintra. (Behind Sintra train station), Sunday 3pm. Tel: 214 690 600. No collection.

JEHOVAH'S WITNESSES - Public Talk in English, Rua da Barroca, 122 (Bairro Alto), Lisbon, Saturday 6.30pm. Tel: 213421 604. No collection.

THE SALVATION ARMY in São Bras de Alportel will hold on the 1st Sunday of each month an International Worship Service at the Salvation Army Citadel in São Bras at 5pm, Rua 25 de Abril, nº 19 (next to the Market).

CATHOLIC MASS every Sunday partly in English - 11am. at St. Lourenço Church - Almancil - 6.30pm. at Four Seasons Country Club - Quinta do Lago - Almancil. Further information, please contact the International Catholic Community of Almancil (Griselda Neto on 966168120 or Vítor on vgn@domopor.com).

INTERNATIONAL CHRISTIAN FELLOWSHIP in Portimão invites you to attend its services in English on Sundays at 11am. Sunday School for children. Av. 25 de Abril 17, R/C-D1 Portimão. Bible study on Tuesdays; 10.45 for 11 am at "The Bridge" (A Ponte) in the Cedipraia Shopping Centre near the church. Tel. 282 461 985

LIVING HOPE BAPTIST CHURCH English speaking services every Sunday 5 p.m. About 100m North of bullring circle in Albufeira. For more information contact pastor Mark: 964860765. Or email: pastor@ibev.pt

CHURCH IN ALJAZUR / VALE DE TELHA. Our mission: Matthew 28:18-20 (An outreach from Church in Lagos) Call Stefan Saunders (Pastor) mobile 963 165 983.

INTERNATIONAL COMMUNITY CHURCH in Lagos invites you to attend its services in English on Sundays at 11.00am. Sunday School for children. Urbanização Vila Praia da Dona Ana, Lote 11 B, 8600 Lagos (50 metres from the Hotel Golfinho). Tel. 282-086904 or 282-697546.

INTERNATIONAL EVANGELICAL CHURCH OF THE ALGARVE Warmly welcomes residents & visitors of all nationalities and denominations to their Sunday Services in Vale Judeu at 10.30. See our blue sign on the N125 between the Vilamoura entrance & the Atlântico Waterside Park. Services in English, creche and Sunday School. For further information: 289 328635.

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TAVIRA CHRISTIAN CENTRE Meetings in English, Sundays at 10.30 am at 126 Rua Almirante Cândido Reis. Full programme and further details from Jackie 281 322 857, Geoff 969 100 121 or Maria 966 380 404. E-mail: jackieandm@yahoo.co.uk

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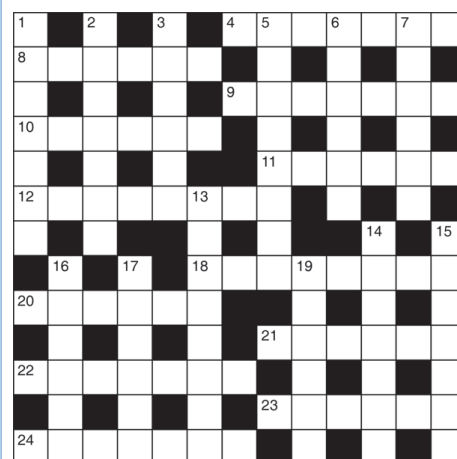
CHURCH OF ENGLAND ST. VINCENT'S ANGLICAN CHAPLAINCY Holy Communion every Sunday in our three congregations: 11:30am St Luke's, Monte de Pafhaqueira, Górgies (Near Sta Barbara). Contact Sandra 289 791 699 & 919055959. 9:30am Igreja N Sra de Fátima, EN125 between Quatro Estradas & Almancil. Contact Rosie 289 328302 & 00am and 12noon Igreja N Sra da Luz, Praia da Luz (near Lagos) with 788104. Sunday School. Contact Joyce 282 788104. More info: www.stvincentsalgarve.org

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ST PAUL'S CHURCH, ESTORIL (Church of England). Av. Bombeiros Voluntários 59 (behind Hotel Sana Estoril). Sunday School. Service 9.30am every Sunday. Tel. 21 4692303

ST. MARY'S, S. PEDRO DO ESTORIL 368 Rua do Muril, Mass each Sunday and Holyday 10.15am Tel. 21 467 3771

The Portugal News
Crossword No. 211

QUICK CLUES

ACROSS

4. Deprived of contents (7)
8. Female warrior (6)
9. Meantime (7)
10. Affluence (6)
11. Means (6)
12. Client (8)
18. Droop (8)
20. Ability (6)
21. Decayed (6)
22. Favoured (7)
23. Carry too far (6)
24. Exhaust (7)

DOWN

1. Whim (7)
2. Irony (7)
3. Spanish dance (6)
5. Orange (8)
6. Stand unsteadily (6)
7. Show (6)
13. Abuse (8)
14. Reservoir (7)
15. Apparition (7)
16. Regulate (6)
17. Writing instrument (6)
19. Rut (6)

QUICK SOLUTIONS Nº: 210

Across: 1 Cold-hearted; 9 Rub; 10 Automaton; 11 Dodge; 13 Terrier; 14 Muffle; 16 Depart; 18 Non-stop; 19 Eject; 20 Nobleness; 21 Wed; 22 Leaseholder.

Down: 2 Orb; 3 Drape; 4 Estate; 5 Remorse; 6 Extricate; 7 Predominant; 8 Ingratitude; 12 Definable; 15 Letters; 17 Speech; 19 Easel; 21 Woe.

"Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope." - Romans 5:3-4



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Reader: Paul Luckman • Mobile: 917 240 123

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Please enquire about Baptism Services, Marriage Blessings, Funeral Services etc.



Upward Glance
with Joyce Voelker

Under His Wings

"He will cover you with his feathers, and under his wings you will find refuge..." Psalm 91:4

Scripture uses many metaphors to describe our Heavenly Father's love for us. One of my favorite pictures of His love is the one recorded above. Max Lucado tells the story of a West Texas storm that pummeled the city where he attended college. He and his friends were spending a leisurely Saturday afternoon in a park when the storm came up and spoiled their fun. As they hopped into their cars to leave, one of his friends spotted a tender sight. There in the park a mother bird sat exposed to the rain, her wing lovingly extended over her baby who had fallen from the nest. The fury of the storm did not permit the bird to return to the tree, so she simply covered her child and waited out the storm until the wind and rain had passed.

God's love for us is like the mother bird's wing. Even now while you read this devotional, His wing shields you. We are clueless to how often harmful situations are prevented by our loving God. Max shares the following scenarios. "A slanderous critic heading toward your desk is interrupted by a phone call. A burglar en route to your house has a flat tire. A drunk driver runs out of gas before your car passes his."

While we may believe in and recognize His hand of goodness on our lives, all of us at one time or another wonder why a good God permits bad things to happen to us. Perhaps you have faced a difficult job transfer, a messy divorce, or the death of a loved one. You, like many others, may wonder, "If God is my guardian, why do bad things happen to me?" Part of the problem is our limited understanding of the word "bad."

God views your life the way you might view a movie after you have already read the book. When something horrible happens in the film, everyone gasps at the crisis on the screen. You, however, are not alarmed. Why? Because you've read the book. You know how the good guy gets out of the tight spot. You already know the ending. God views your life with the same confidence. Not only has He read your story, He wrote it. His perspective is different and His purpose is clear. He sometimes uses struggles and difficulties to toughen our spiritual skin and to strengthen our faith and trust in Him.

Adapted from devotional by Max Lucado

More information about how to have a relationship with God can be found at www.rbc.org/personal_relationship_with_god.page

Announcements

LONELY? BORED? Come and join out happy helpers and fund-raisers, 3 to 4 hours a week (or more!) Our charity shops welcome you. Every Euro raised goes to animals rescued from distress. Call Nan Richards at the Donkey Sanctuary in Estômbor for details of our work. Tel.: 962 633811.



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414 Ralf.Pinto@sapo.pt or
Fax: 282 416 515.

DON'T MISS a visit to the FARO JEWISH HERITAGE CENTRE - The only remaining vestige of the 1st post inquisition Jewish Presence in Portugal - Open Weekdays 9h30 - 12h30. Tel: FJH Centre: 289 829 525 or João (Guide) 936 394 488. www.farojewishheritagecentre.org/

JJ JOHNS' COUNTRY & WESTERN DINNER-DANCE at Restaurant Ponte Romana in Silves. Sunday October 5th, 14.00-18.00 hours. Including 3 course meal plus wine and coffee €14.50 all-in. On stage Country singer JJ Johns. Special guest João Alves and line-dance teacher Chris Cottis. Reservations 282 442 621 or jjjohns@netvisao.pt Also reservations already can be made for JJ Johns 'New Years Eve' Dinner-Dance at Ponte Romana in Silves, €45 p/p all-in.



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Charities

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CAR BOOT Sale held every 3rd Sunday of the month at 'Restaurant Quinta dos Areões', adjacent to the veterinary clinic, in Espiche. Stallholders pay €3. All proceeds to help abandoned animals. Call Michele on 919 457 263 or e-mail me on Happyhounds@telepac.pt for more information.

ABA CHARITY shop, Av. do Tennis, No 41D, Albufeira. Open Tues. to Sat. 10.30am till 2pm. Donations of bric-a-brac, clothes and books to be sold in the shop to raise funds for spaying and neutering of pets, to help stem the tide of unwanted animals, would be appreciated.

WANTED: THE donkey sanctuary needs your unwanted furniture, clothes, books and bric-a-brac for our charity shops in Lagoa and Monte Carvoeiro, all proceeds to aid donkeys in distress. We will collect larger items. Call Nan Richardson, mobile 962 633 811, for details of our work for animal welfare. Please help.

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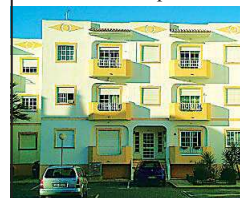
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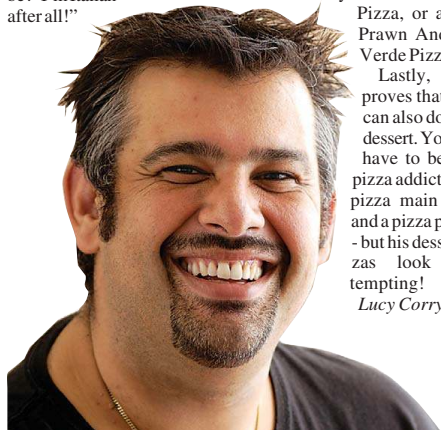
A pizza delivery chain recently claimed that its profits were up due to people eating at home to save money. World pizza champion John Lanzafame shows how you can save even more by making homemade pizza using recipes from his new book, *Pizza Modo Mio*.

Lots of people consider themselves a dab hand at pizza, but Australian chef John Lanzafame can claim to be a true expert.

After winning several competitions in his home country, John headed to New York to compete against seasoned pizza chefs from across the globe - and won the prestigious America's Plate, the world's top accolade for pizza makers.

"When I hear the words 'pizza champion', I just laugh," John says, explaining that he fell into pizza making by accident when the pizza chef at the restaurant he worked in was running late.

"I went over to set up, thinking to myself 'How hard can this be?' I'm Italian after all!"



John Lanzafame, author of *Pizza Modo Mio*, published by Murdoch Books

While John credits his mother with teaching him the basics, he's also drawn inspiration from friends and fellow chefs.

He's now collected these recipes in a new book, *Pizza Modo Mio* (*Pizza My Style*).

This mouth-watering book includes two recipes that put him on the road to pizza stardom - Filled River Calamari Pizza and Salmon Carpaccio Pizza - but there are plenty of other tasty options to choose from.

Traditionalists will love his recipes for old Italian favourites like *Pizza Margherita* or a *Sopressa Salami Pizza*, but there are plenty of choices for more adventurous tastebuds.

Anyone for Foie Gras Pizza, or a Chilli Prawn And Salsa Verde Pizza?

Lastly, John proves that pizzas can also double as dessert. You might have to be a real pizza addict to eat a pizza main course and a pizza pudding - but his dessert pizzas look pretty tempting!

Lucy Corry



Plain dough

(Makes 170g (6oz) dough - enough for one 30cm/12inch pizza)

- 1 tsp dried yeast
- 1 tsp salt
- 100ml (3 1/2 fl oz) warm water
- 2 tsp olive oil, plus extra for greasing
- 160g (5 1/2 oz) plain all-purpose flour, sifted

Put the yeast, salt and warm water in a small bowl and whisk until just combined. Gradually whisk in the olive oil, then leave in a warm place for 10 minutes, or until the mixture starts to bubble.

Add the flour and knead for 15 minutes, or until the dough is smooth and elastic. Rub the inside of a large bowl with olive oil. Roll the dough around in the bowl to coat it with oil, then place in the bowl, cover with a clean cloth and leave in a draught-free spot for 1 - 1 1/2 hours, or until doubled in size.

Punch down the dough to expel trapped air. (At this stage, the dough can be covered in plastic wrap and refrigerate overnight or frozen. Bring back to room temperature before continuing.)

Place the dough on a baking tray lined with baking paper, cover and leave in a draught-free spot for 15 minutes, or until risen by half again. The dough is now ready to use.

Potato, anchovy, rosemary and white prosciutto pizza

(Makes one 30 cm/12 inch pizza)

- Coarse semolina, for dusting
- 1 quantity pizza dough
- 1 tbsp olive oil
- 10 thin slices white prosciutto (lardo)
- 4 anchovy fillets
- 1 large desiree potato, unpeeled, cut into wafer-thin slices
- 2 tsp rosemary sprigs
- 75g (1/2 cup) grated mozzarella cheese
- 3 tbsp shaved pecorino cheese
- 3 garlic confit cloves, cut into 4 (recipe follows)

Place a pizza stone or heavy-based oven tray in the oven and preheat to 250C/Gas mark 9.

Lightly dust your workbench with semolina, then roll out the dough into a 30cm (12 inch) round, place on a pizza tray and prick all over with a fork. Drizzle the oil over the base, then scatter with the prosciutto and anchovy fillets. Place the potato over the top, in slightly overlapping layers, scatter with rosemary sprigs, cheeses and garlic confit in that order. Place on the preheated stone or tray and bake for 5-8 minutes, or until the base is golden and crisp.

This pizza can also be served with slices of leftover roast lamb scattered over the top.



Banana split pizza

(Makes two 6-inch pizzas)

Caramel sauce

- 50g caster (superfine) sugar
- 1 tbsp lemon juice
- 25g (1oz) butter
- 1 tsp cream
- Coarse semolina, for dusting
- 1 quantity sweet pizza dough or pizza dough
- 2 bananas, thinly sliced
- vanilla bean ice cream to serve

hundreds and thousands for sprinkling

To make the caramel sauce, put the sugar and lemon juice in a heavy-based saucepan over low heat and cook, shaking pan occasionally, until it becomes a light caramel. Add the butter and cream and whisk to combine well, then remove from the heat.

Place a pizza stone or heavy-based oven tray in the oven and preheat to 250C/Gas 9.

Lightly dust your workbench with semolina, then roll out the dough into two 15cm (6-inch) rounds or free-form shapes, place on pizza tray and prick all over with a fork. Scatter the bananas over the bases then place on the preheated stone or tray and bake for four to six minutes, or until the bases are golden and crisp. Remove the pizzas from the oven, top with the ice cream, drizzle with the caramel sauce, sprinkle with hundreds and thousands and serve.

Garlic confit

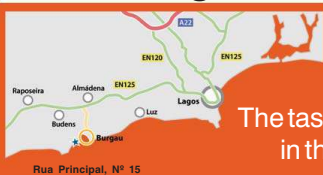
Makes 250ml (9 fl oz/1 cup)

200g (7oz) garlic cloves (about 30), peeled

150ml (5 fl oz) olive oil

Preheat the oven to 120C (235F/Gas 1/2). Put the garlic and oil in a small ovenproof dish and bake for two hours, making sure the garlic does not colour. Remove from the oven, cool, then store in a 250ml (9 fl oz/1 cup) capacity sterilised jar, seal and refrigerate for up to three months.

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The Algarve wine society tastes some wonderful Portalegre wines

On Friday evening, September 19th, 55 members of The Algarve Wine Society gathered at The Lake Resort in Vilamoura to taste the wines of Monte da Penha. This winery, located on 22 hectares just west of Portalegre, was founded a decade ago by Francisco Fino, but the Fino family have been winemakers in the northern Alentejo for 3 generations.

Francisco, his wife Veronica and his daughter Rita are old friends of the Society. Their wines were first presented at a tasting in October, 2004, and in May, 2005, members of the Society took a field trip to the Portalegre area and spent a great deal of time at Monte da Penha.

The first wine presented was the 2007 branco reserva, a lovely, fresh, fruity wine and the only white produced by Monte da Penha. This was followed by the winery's five reds, starting with the 2004 Montefino reserva. Next in the tasting glasses was the wonderful, smooth 2002 DOC classic (this one was many participants' favourite) and the 2003 reserva. Both wines are made from Trincadeira, Aragonês (Tempranillo) and Alicante Bouschet with a dab of Moreto.

The final two blends were the excellent Fino reserva 2003 followed by the pièce de résistance, the Gerações reserva 2004. This last top of the range wine was named to honour the three generations of Fino family winemakers. Francisco Fino only made 3,600 bottles of this superb wine 4 years ago. Since then he has not felt he had enough quality grapes to produce a worthy follow-up. Gerações 2004 was only brought to market in 2007, after a year in new French oak barrels and a year in the bottle, and it was im-

mediately selected by Charles Metcalf as one of his 50 best Portuguese wines.

The tasting was followed by a wonderful 3 course dinner, served in The Lake Resort's floating restaurant, which was entirely taken over by the Algarve Wine Society for the event. A tomato cream soup was followed by chicken supreme stuffed with smoked ham and cheddar cheese. A cinnamon par-fait rounded off the meal nicely and the food was beautifully complemented by Monte da Penha's branco reserva 2007, Montefino reserva 2004 and the DOC classic 2002. A spirited raffle rounded off the evening very nicely.

The next Algarve Wine Society event will be a tasting of Monterosa olive oil, with a catered buffet lunch, on October 6th. A group of members will be travelling to Jerez October 8-10 to explore the world of sherry. On October 31st there will be a tasting of wines from the Estremoz area of the Alentejo. The year's calendar will be rounded off, as usual, by the traditional Christmas lunch on December 10th.

At the moment membership in the Algarve Wine Society is at its upper limit and there is a waiting list for entry, but if you would like further information about the organization please contact the Secretary, Larry Hampton, by email - hampton@mail.telepac.pt.

Music At The Museum

The Friends of the Sao Bras Museum have organised a series of five classical concerts during the months of October and November.

The first, on October 2nd will feature a young German trio on flute, Cello and piano. The Trio l'Abaco (formerly the Sine Nomine Trio) specialise in the work of modern composers. Later that month, on the 24th, The Amsterdam Chamber Group of nine players will offer works by Mozart, Handel, and Ravel. Their concert, in 2007, was an enormous success, and this event is likely to be oversubscribed.

November 8th will see the first of three concerts given by outstanding students of the Faro Conservatory: earlier this year a recital by two piano students from the Conservatory made a lasting impression on their audience. On November

15, Josué Nunes, from Tavira, will present a concert of music for the classical guitar. Josué has been involved in the 'Music In Churches' project in the Algarve and his programme will include works by Villa Lobos and Albéniz.

The end of the month, November 29th, will see a concert by the Museum's own multi-national choir and the youth section of Faro's Ossónoba choir.

The Museum will go slightly down market on December, when on Saturday the 13th will host an evening of singing, dancing, acting and playing, by Friends themselves to set up the spirit for Christmas.

Contact the museum at amigos-museu-sbras-org



Professor Nuno Bicho of the University of Faro.

AAAtalk on Tuesday October 7th

The Algarve Archaeological Association begins its 2008/9 season of talks on Tuesday 7th October with a presentation by Professor Nuno Bicho of the University of Faro.

His talk is entitled 'The Last Neanderthals of Southwestern Iberia'.

Throughout his career Professor Bicho has made a special study of the prehistory of Iberia and in his talk he will present and discuss the possible explanations for the existence of the last Neanderthals in Iberia.

Neanderthals seem to have occupied Iberia longer than anywhere else. In fact they may have lived in an area that reached from modern day Lisbon to Malaga in Spain up to about 27,000 years ago. This is a different scenario from other parts of Europe or the Mediterranean Basin.

Professor Bicho works in the Departamento de História, Arqueologia e Património at the University of Faro. His main field is Prehistory, having been widely

published on the subject. His recent fieldwork has included excavation seasons at Val Boi and he has been in receipt of grants from such bodies as the National Geographic Society and the Archaeological Institute of America. Professor Bicho is well known to the AAA and it has been through his recommendations that the association has been able to give financial assistance to students at the university to help them with their studies.

The talks take place at the Junta Freguesia São Sebastião (near Largo São Francisco) in Loulé at 2.30pm and at the Convento de São José in Lagoa at 6.30pm. Admittance is free to AAA members, visitors are charged €5.

Further information is available from Jenny on 282449706.

ALFA October Letter

Dear Alfans,
Monday, the 6th of October it is time for the 7th ALFA literature salon: as always in the auditorium of the Convento São José in Lagoa at 7.30 pm.

This time I will be back with a report from the 5th women writers festival in Matera Sassi (Italy)

As very special guest, I hope to welcome the Canadian writer Reg Reynolds who has written a series of interesting books. Catrin George will again look after your culinary needs, supplying drinks and snacks.

Please note: this is NOT a book club. You do not have to have read a certain book. Just come along, sit back and listen, let others read, amuse, entertain, irritate and stimulate you.

On our Blog: you usually find the latest resumes and pictures - Alas not from the latest event, as nobody took any pictures. blog.alfacultura.com/

To get to the Convento in Lagoa: Coming from the motorway follow the signs LAGOA NORTE at the entrance to Lagoa, there is a roundabout keep to the right after 200m you see an archway over the road, that is the Convento. The parking place is to the right before the archway. The entrance is to the right after the archway, up the stairs.

Find out more about ALFA on our website: www.alfacultura.com

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Lets walk on the West Coast

Saturday September 27

A superb fairly easy 2.5 hour walk through unspoilt countryside, cliff tops and along the beach deep in the Cape St Vincent Natural Park.

10.30 start - meet at the entrance to the 'Perimetro Florestal'

near Vilado Bispo. From the A22 take the road to Sagres and turn off at the exit for Vilado Bispo & Aljezur, drive along the Aljezur road for 1km and the sign for the Florestal is on the left - there is plenty of parking space.

Let's Walk along the Algiebre

Wednesday October 1

A moderately easy 2.5 hour walk through the unspoilt Barrocal and along the Algiebre river.

10.30 start - meet at the cafe/bar in Tenocia. From the A22 exit at Boliqueime/Loule and follow signs to Loule, once you have

crossed over the motorway turn left signed Campina and follow the road to Alfontes, once in Alfontes the road makes a sharp bend to the left continue for another 300m and the cafe is on the right (with a sign to the right to Perreira).

No need to book please just come along with a sense of humour - these walks are fun! There is a charge of €5 per walk which includes a donation to charity.

Walk leader: Julie Statham (965 753 033).

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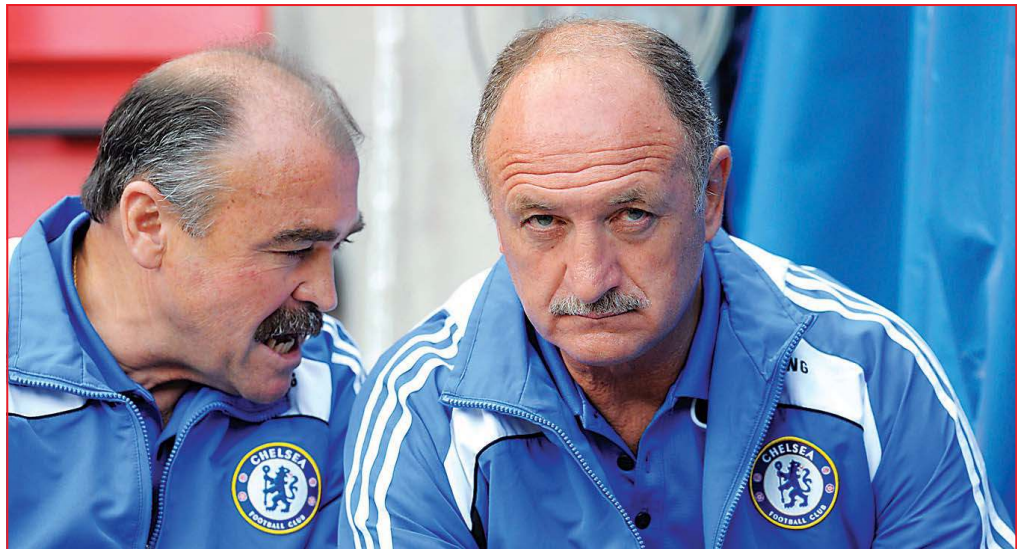
Scolari 'opens door' for Ronaldo



Chelsea manager Luiz Felipe Scolari has publicly announced that Cristiano Ronaldo would be welcomed to his side, Chelsea, should he choose to do so as he considers him to be among the top three players in the world.

Scolari has already had Cristiano Ronaldo under his wing when he was the national team's manager and he would not hesitate to have him again: "Maybe next season he will be with me. If he wants to change teams, the door is open. When I arrived in Portugal, Ronaldo was a 17 year old kid.

Today, he is one of the three best footballers in the world", adding "He has improved a lot in the last five or six years. I can see him as captain for the Portuguese team because he possesses the confidence for it. He helps his colleagues and has a good attitude, on and off the pitch."



Chelsea Manager Luiz Felipe Scolari (R) pictured on the bench before the English Premier League match between Wigan and Chelsea at the JJB Stadium, Wigan on 24 August. (Photo: EPA/Clive Lawrence)

Portimão racetrack gets €1m boost

A 10 year contract was signed between Sagres beer and the Algarve International Racetrack this week, making it the exclusive brand of beer supplied at the track.

The Central de Cervejas brand will have one of the track's stands named after it with its €1 million investment.

"With this new contract we

now have an important group of partners in different areas" said Paulo Pinheiro, CEO of Parkalgar.

Other partners to date are PT/TMN, Siemens, Galp, Turismo do Algarve and Portimão and Lagos cities. The track will be inaugurated November 2nd with the final of the World Superbike Championship.

Mourinho unbeaten on 100

The 'Special One' gave good reason for his alias as he totalled 100 games unbeaten at home in Championship games as Inter Milan beat Lecce 1-0 this week.

The last time Mourinho lost a game at home in a Championship game was over six and a half years ago (23rd February 2002) when FC Porto lost to Beira-Mar (2-3).

If it were not for that, Mourinho would have 118 games unbeaten at home grounds in the Portuguese, English and Italian Championships, as the Portuguese manager has an impressive record of 97 wins, 20 draws and one loss (to Beira Mar).

His goal tally at the 100th unbeaten game is 219-51 for

FC Porto (38 games), Chelsea (60 games) and Inter (two games), having won a total of 84 games and drawn sixteen.

The path has not been easy as there is a long list of great teams that have tried to end his spell, such as Sporting and Benfica (four attempts each) and Manchester United, Liverpool and Arsenal (three attempts each).

Before this fantastic run without losing at home, Mourinho didn't lose at home whilst he was manager of Benfica (five games unbeaten at home) and União de Leiria (ten games) either.

RBCGS competition

The Rankin family began their involvement with the cork industry in the 18th century whilst living in Scotland. In the 19th century they established cork factories in Portugal and acquired cork forests in the Southern Ribatejo, the latter still being family owned. Whilst today Rankin Brothers and Sons are no longer manufacturers, it is the only British company in the cork trade with operations in the UK and Portugal. Its head offices are located near Oxford and their main business is supplying corks and caps to the Scotch Whisky trade, much as their ancestors did over two centuries ago.

Today's Managing Director in Portugal is Ewan Rankin, currently the Captain of The Royal British Club Golfing Society. It was thus appropriate that his family company should sponsor the Society's latest monthly competition which took place at Estoril Golf Club on Wednesday 10th September. Thirty five members and 3 guests set out to do battle on the course and some excellent results were returned.

H.M. British Ambassador in Portugal Alex Ellis came in with 42 Stableford points – due to official commitments he was unable to attend the lunch after-

wards and could not be awarded the winning prize as society rules decree No Lunch, No Prize! This meant that the trophy was awarded to the society's Captain who finished with 41 points. Not far behind, Peter Rydin and Antonio Vieira both returned cards with 37 points, coming 2nd and 3rd respectively on a countback. Sally Buxton, Mary Motta and Alistair Ferguson filled the final top positions.

Mary also collected the Ron Newstead Cup awarded monthly for the best player with a handicap of 19 and over not placed in the first four positions, and Alistair was Nearest the Pin for the men. No ladies were long or accurate enough to win the prize for the Nearest the Pin in 2 on the 6th, but Brenda Leitão managed to be awarded a free lesson with pro Gordon Young. The society was delighted to have 3 Portuguese guests, all of them descendants of Founder Members of Estoril Golf Club and the Guest Prize went to Isabel Sobral who defeated Club President José Sousa e Melo on countback, both of them coming in with 33 points.

Prize giving took place during an excellent buffet lunch at the Estoril Golf Club's terrace restaurant.



From left: Peter Rydin, Antonio Vieira, Ewan Rankin.

SUPERLEAGUE FIXTURES DAY 4

MATCH	DATE	TIME	TV
FC Porto - P. Ferreira	Friday	21h15	RTP1
Sp. Braga-Naval	Saturday	17h15	SportTV
Set'bal-Rio Ave	Saturday	19h00	
Benfica-Sporting	Saturday	20h45	SportTV
Marítimo-Académica	Sunday	16h00	
Nacional-Amadora	Sunday	16h00	
Torofense-Guimarães	Sunday	20h15	SportTV2
Belenenses-Leixões	Monday	19h45	

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